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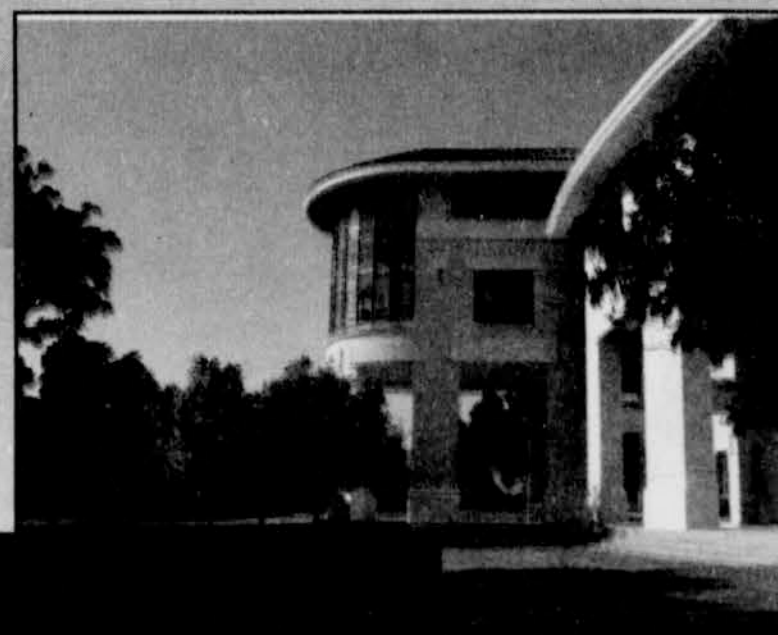
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MANAGING EDITOR KRISTEN OATO

NEWS EDITOR ERICK SMITH

SPORTS EDITOR FRANK STRANZL

ASSISTANT SPORTS EDITOR CHRIS GUNN

ARTS & ENTERTAINMENT MARIECAR MENDOZA

PHOTO EDITOR MATT WECHTER

FACULTY ADVISER NISHAN HAVANDJIAN

GENERAL MANAGER PAUL BITTICK

FRONT COVER PHOTO ILLUSTRATION AND ART JESSICA GREENWALT

AD DIRECTOR TAIGA YOUNG

ADVERTISING ACCOUNT REPRESENTATIVES LIZ CARMO, AMBER

FREYERMUTH, EMILY HORMUTH, RACHNA CHHABIRA, JAMIE RANSOM

AD DESIGNERS TIFFANY MINE, ALAN NAVARRO, LAVONNA JOHNSON

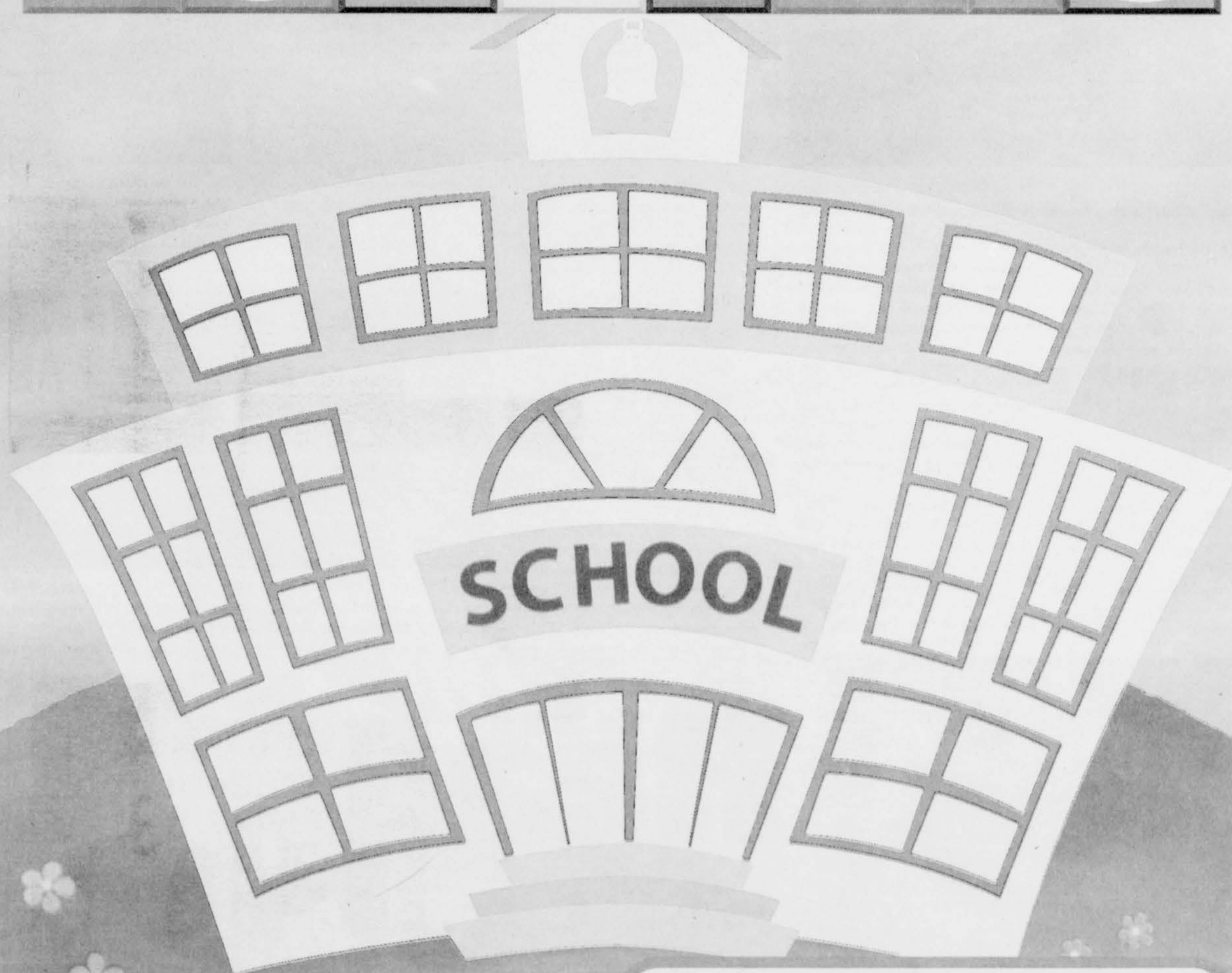
OFFICE MANAGER JENNIFER VENEMA

Graphic Arts Building, Suite 226
California Polytechnic State University
San Luis Obispo, CA 93407

(805) 756-1796 editorial
(805) 756-1143 advertising
(805) 756-6784 fax
mustangdaily@calpoly.edu e-mail

MUSTANG DAILY SPECIAL WOW EDITION

ACADEMIC



INSIDE

- **Breaking down each college**
- **Cheap textbooks? Yes, it's possible**
- **Poly tops in graduating minorities**
- **A dean's study theory**

Students' textbook buying options

READING THE COMPETITION

College textbook prices

Which bookstore offers the best prices?

	El Corral	Aidas	Direct Textbooks	Screw the Bookstores
"College Physics" <i>by Jerry Wilson, Anthony Buffa</i>	\$95.25	\$90	\$68.25	\$60
"Writer's Reference" <i>by Diana Hacker</i>	\$35.75	\$31.70	\$28.25	N/A
"Comparative Economics" <i>by David Kennett</i>	\$94.50	\$89	\$47.15	N/A
"The Art of Public Speaking" <i>by Stephan Lucas</i>	\$55.25	\$50.85	\$30	\$20

* Prices reflect the lowest regular price during early July and are subject to change.

Each quarter, students are required to purchase new textbooks for classes. In the search for the cheapest textbooks, they are now turning to the Internet.

Karen Velie

MUSTANG DAILY

The rising cost of textbooks is adding extra pressure to already strained student budgets.

About 40 percent of Cal Poly students have gone without purchasing required textbooks, according to a random survey of 30 students last month.

The survey also revealed Cal Poly students are primarily concerned with either cost or convenience when deciding where to

purchase textbooks.

About 7 percent of the students surveyed prefer to buy books through online student-to-student textbook exchange. At www.screwthebookstores.com, students are able to buy and sell textbooks directly to other students in the area.

The site was founded three years ago by Ben Wilson, a 2002 Cal Poly graduate, and Kirk DeClark, a 2001 University California Davis graduate.

"The foremost benefit of

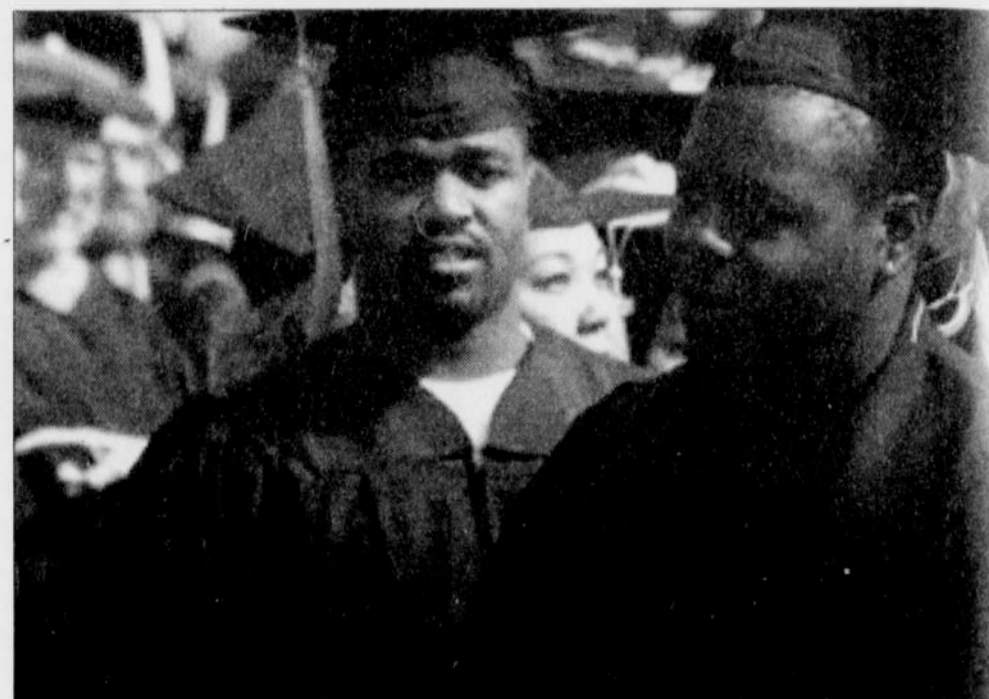
exchange shopping is that it saves students money," DeClark said. "Students are often able to sell an edition of a book that is no longer in use at their school."

The service is free and students are able to view books before they make a purchase.

"The biggest drawback is that if enough people aren't using the site we have a lack of selection," DeClark said. "It only gets better if more people use it."

see Books, page 10

Poly breaches national top 100



COURTESY PHOTO

Cal Poly, along with 14 other California State Universities, is among the top 100 universities to graduate minority students.

Christopher Gunn

MUSTANG DAILY

Cal Poly has been named one of the top 100 universities in the nation in awarding undergraduate degrees to minorities, according to July's issue of the magazine "Black Issues in Higher Education."

Cal Poly was ranked 60th and was grouped with 14 other California State Universities that made it to the magazine's annual

"Top 100" list.

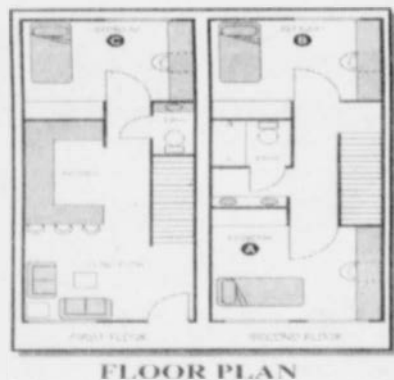
The list, compiled by "Black Issues in Higher Education," comprises the top universities nationwide in terms of conferring degrees upon minority students. The list is compiled from information supplied by the United States Department of Education.

"It's encouraging that we're getting results," Interim Provost

see Graduation, page 9

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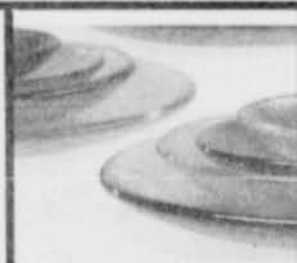
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Graduation

continued from page 8

Robert Detweiler said. "We ought to be encouraged that we are contributing."

In terms of universities awarding undergraduate degrees in agriculture, Cal Poly was highly ranked receiving a ranking of No. 5 in degrees to all minorities.

In correlation to the No. 5 ranking, Cal Poly was also named No. 2 in degrees awarded to Native Americans, No. 3 in degrees awarded to Hispanic students and No. 4 in degrees awarded to Asian Americans in the same category.

"It is also discouraging that there aren't more colleges graduating minority students," Detweiler said.

According to the Cal Poly 2003-04 fact book on enrollment summary statistics, while there were 4,416 minority students enrolled during the 2003-2004 academic year, only 1 percent of Cal Poly's total enrollment was African-American. That is 166 African-American students in a total college year average enrollment of 18,246 students.

Increasing diversity within the Cal Poly community is still a challenge particularly with African American students, according to Detweiler.

In reference to the percentage of enrolled African American students at Cal Poly and the 60th overall national ranking, "It's kind of discouraging for America, it's a nice

reflection on Cal Poly," Detweiler said.

Despite the lack of African-American students enrolled in the university, Detweiler acknowledged that for a polytechnic university it is encouraging that Cal Poly is among the nations leaders for Hispanic and Black engineers.

"Both Cal Poly and the nation still must do more to encourage the success of minorities," he said.

The next step for Cal Poly is to continue its efforts in improving diversity according to Assistant Vice President for Admission, Recruitment and Financial Aid Jim Maraviglia.

Maraviglia, described as the man charged with increasing diversity at the Cal Poly, relayed his office's efforts in increasing Cal Poly's diversity.

"We do different things within targeted recruitment," Maraviglia said. "We have adapted 42 different partnerships with high schools in California."

Through targeted recruiting, Maraviglia hoped to improve the chances of minorities throughout California to get into Cal Poly as well as the CSU system.

"Our role is to increase the number of eligible applicants," Maraviglia said. "Less than 5 percent of black graduates coming out of high school are CSU eligible."

"The nation should be doing its best to get all ethnic groups through higher education," Detweiler said.

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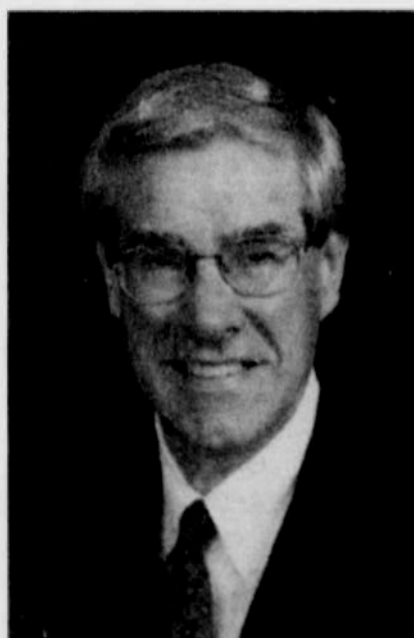
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Welcome to Cal Poly Students from President Warren J. Baker

To all our returning students, it is a pleasure for me to welcome you back, and to our new students, welcome! We are enthusiastic about having you at Cal Poly and we join in your resolve to make this both an enjoyable and productive year.

As you may have heard, U.S. News & World Report has recognized Cal Poly for the 13th year in a row as the top public undergraduate university in the West. We owe this recognition to the talent and hard work of our faculty and staff – and the extraordinary quality of our students. You can take great pride in your membership in this outstanding university.

Among our priorities, none is more important than your academic success and enjoyment of the years you spend at Cal Poly. I can assure you that our faculty, staff and administrators see this as the highest priority of the institution. We are eager, though, to continue to improve and to identify new ways to meet your needs.

To assist students in progressing toward their degrees is our highest priority and we will continue our efforts to assist students in achieving their degree objectives. We also take seriously our responsibility to serve the diverse students who come to Cal Poly from all across the State of California and to ensure that we take full advantage of the opportunities for growth in cultural awareness and mutual understanding that come with that diversity. And finally, we remain committed to fostering an environment in which we can openly discuss differing views with respect and civility.

Finally, you will find that the residents of San Luis Obispo are pleased and proud to welcome you to their community. I encourage you to get to know them and to make it a priority to be a good and considerate neighbor and representative of Cal Poly in all you do.

Best wishes to you for a terrific year, full of learning, personal accomplishment and fun!

Warren J. Baker
President

Books

continued from page 8

Online used book sites were preferred by 23 percent of students surveyed with cost as the primary reason.

"Books are cheaper online," architecture junior Hollie McArthur said. "I surf every site to find the cheapest place."

The online site www.directtextbook.com compares prices on new and used textbooks from a wide variety of online sources. Students are provided with the cost of the book, the cost of shipping and links to each site listed.

About 43 percent of those surveyed purchase their textbooks from the El Corral Bookstore citing convenience.

"I usually buy at El Corral because of convenience and location," architectural engineering junior David Saechao said.

Textbook reservations allow students to purchase their books online and receive a 10 percent dis-

count off regular prices. Textbooks are then available the weekend before classes begin.

"Students can come to one place and buy everything they need," said Cindy Giambalvo, El Corral Bookstore's textbook manager.

About 27 percent of students surveyed purchase their textbooks at Aida's University Book Exchange, located on Foothill Boulevard in San Luis Obispo.

"The lines are shorter, and it is cheaper," nutrition sciences junior Sarah Klapper said.

"We guarantee that we sell every book for less and buy back every book for more than El Corral," Aida's University book exchange manager Jessica Rasmussen said.

According to the California Public Interest Research Groups, the average full-time student spends over \$900 a year on textbooks.

College textbook costs are rising at more than four times the rate of all finished goods sold in the United States.

Fool-proof method: Dean calculates a proper study load

Christopher Gunn

MUSTANG DAILY

Cramming may be the study method many college students use today, but it may not be such a smart plan if one wants to succeed.

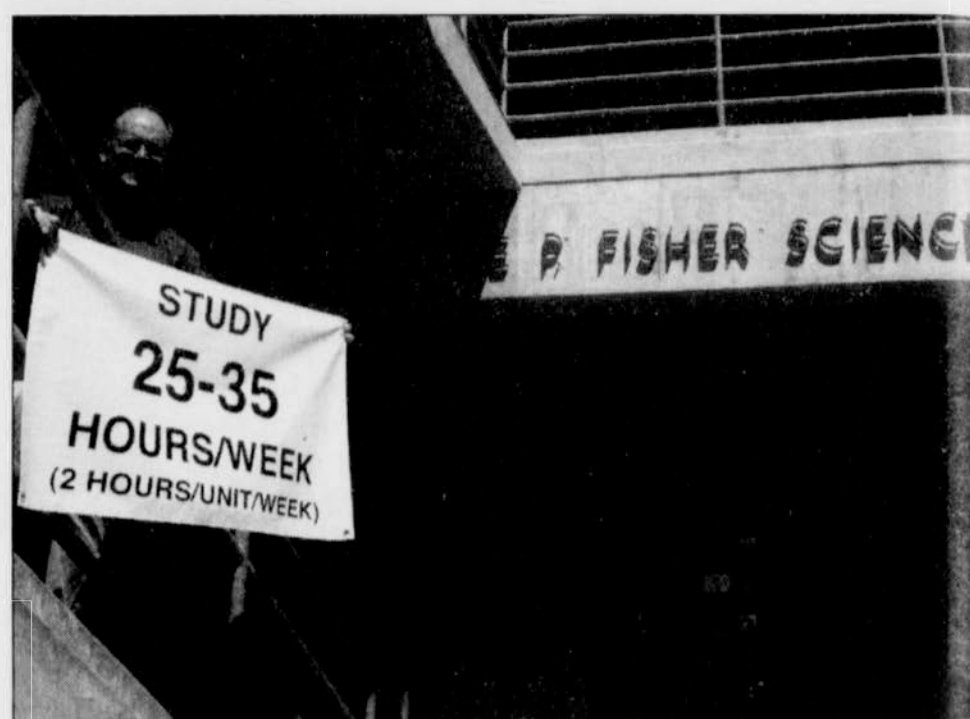
Studying 25 to 35 hours per week is the proper and time-tested method for success in college, according to Philip Bailey, Dean of the College of Science and Mathematics.

Bailey, a veteran of the college of science and mathematics for the last 22 years, spends much of his time looking for ways to encourage students in and out of his department to develop good study habits.

"The math and science department is the cornerstone of this polytechnic university because all of the students in engineering and architecture have to take classes with us before they begin the major course work," Bailey said.

In high school, students spend six to seven hours a day in school. Added up over the course of a week, this is the equivalent to 30 or 35 hours a week. Coupled with extra curricular activities, it could translate to nearly a 50-hour work week.

Bailey also noted that when students make the transition to college



MATT WECHTER MUSTANG DAILY

High school students average six to seven hours in class per day. For a week, that's 30-35 hours, the amount you should study, Bailey says.

they often are bombarded with an abundance of free time which they spend doing activities not associated with the classroom.

"We're trying to teach students good study habits," Bailey said. "Habits that they will need to make it through their majors."

"It's unreasonable," senior software engineering major, Broc Miramontes said.

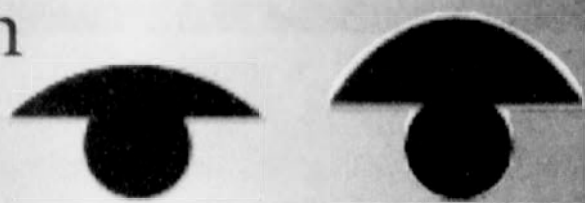
But according to Bailey, 25 to 35 hours per week is hardly unreasonable.

able.

During an average quarter in the College of Science and Mathematics, roughly 13 percent of the new class is placed on academic probation during their first year, according to Bailey. Bailey also noted that up until the 25 to 35 hours per week was implemented, the number of students that made the Dean's List on an average quarter was comparable

see Study, page 10

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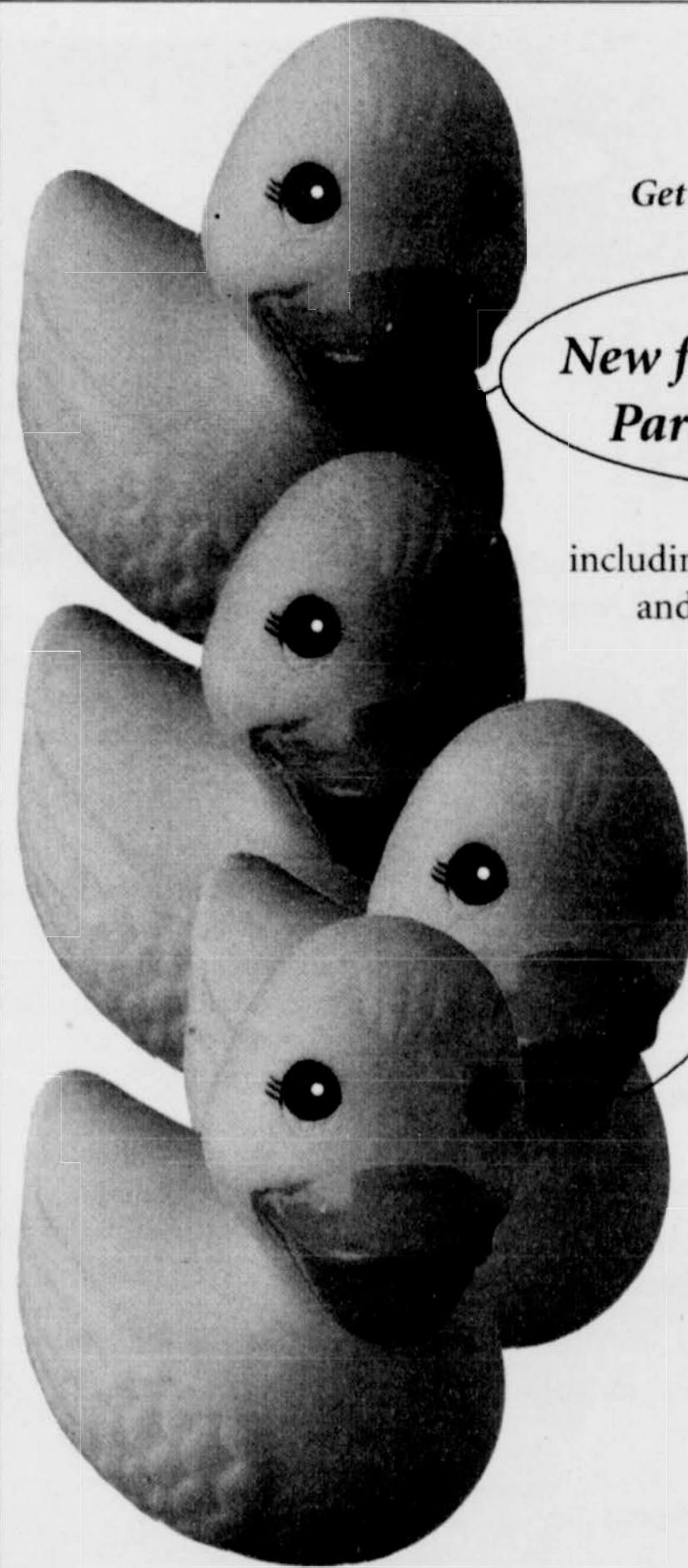
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MATT WECHTER MUSTANG DAILY

Philip Bailey displays signs promoting his program in his office.

Study

continued from page 10

to the number of students placed on AP. Directly following the implementation of the program, the number of students placed on the Dean's List increased by nearly ten percent.

Bailey made the point that despite the fact that this was just one class of students and that their number of Dean's List eligible students increased, there was a direct correlation between the implementation of the program and the increased performance of the stu-

dents in the science and math department.

"Only 50 percent of the people that begin college receive a college degree," Bailey said. "A student may have not needed to study in high school to make good grades, but you can't do that here."

Although Bailey seems open to the idea of joking about his 25 to 35 hours per week program, he is vigorously dedicated to the idea of implementing good study habits in Cal Poly students, habits that one day could translate to a successful individual and a lifelong love of learning.

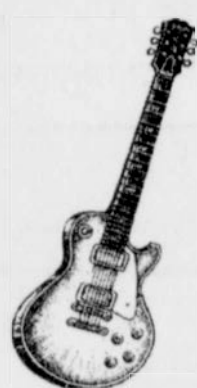
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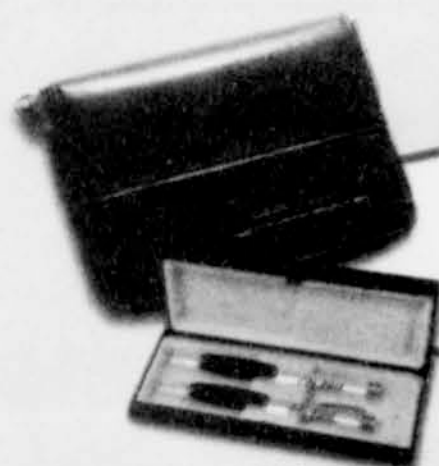
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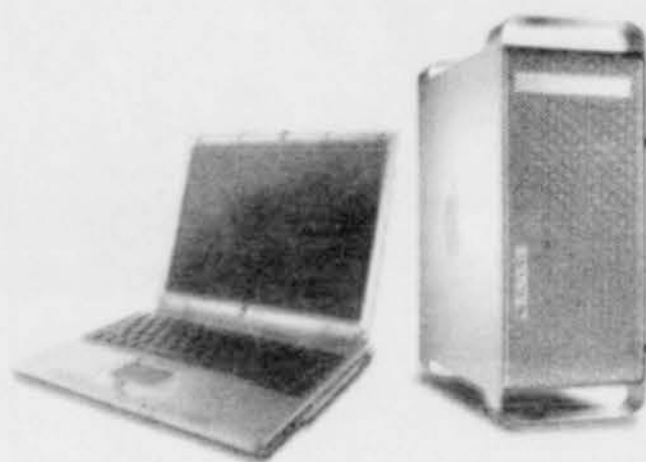
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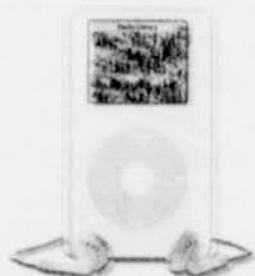


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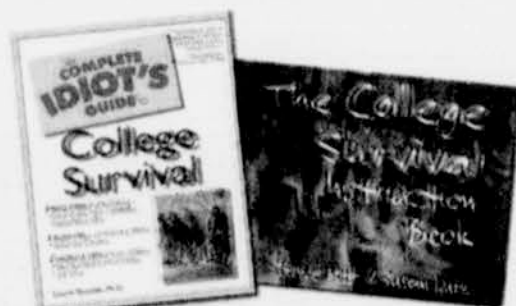
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Germany and Cal Poly have study abroad agreement

Ashley Lopez

MUSTANG DAILY

Cal Poly is one of 10 United States universities that will partner with German institutions in a new international study program starting in 2006.

The German Academic Exchange Service, a national agency for the support of international academic cooperation, will provide funding to the 10 German host colleges and universities for the first three years.

Nine leading study abroad experts from the United States and Germany selected the programs with requirements used as part of a recent national competition among many of the top higher education institutions in Germany.

The German Academic Exchange Service encouraged German universities to create study abroad programs that meet the needs of the U.S. market. The programs had to be developed with an American institution and offer credit approved courses with pref-

erence for programs in the areas of science, engineering, music, design and art.

"These are areas in which German universities are known for excelling in, but which are not often enough exploited by U.S. students," Program and Information Officer for the German Academic Exchange Service Laura Montgomery said.

Munich University of Applied Sciences will be the host institution to Cal Poly. MUAS and Cal Poly have cooperated in student and fac-

ulty exchange, as well as special projects since 1998. The collaboration with MUAS has been most apparent within Cal Poly's engineering department with mechanical engineering as a primary focus.

"Engineers only make up 2.9 percent of students studying abroad," Montgomery said. "We want to give future engineers a first exposure to the German education system, language and culture."

Cal Poly Mechanical Engineering Chair James Meagher and the MUAS President of International Relations Rolf Herz, have been developing and collaborating on the exchange program, which they hope will offer a wider appeal to engineering students.

Boca Tech is the new short-term, two-week course is targeted at junior or senior level engineers. Students will learn about new developments of mechatronics with

special consideration of application and automotive engineering and an opportunity to tour and examine well-known German automakers, BMW and Audi.

"Engineering students are normally hesitant to study abroad due to their rigid curriculum structure and the difficulty of getting credit for work at other institutions," Montgomery said.

"I like to target the students and the benefits," Meagher said. "This program will offer an extensive cultural exchange as well as a technical exchange."

A second program will be offered for five weeks. All classes will be taught in English with a one-week intensive German language component. The program has been developed for the sophomore or junior level and will emphasize German education and cultural standards.

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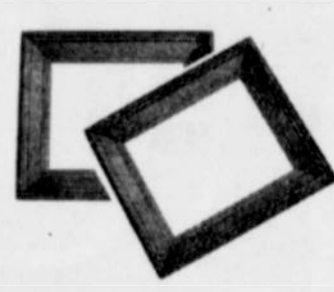
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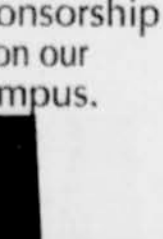
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STUDENTS

A statewide student movement to encourage the CSU Board of Trustees to adopt a policy banning tobacco advertising and sponsorship. Sponsorship has increased on college campuses since the Master Settlement and 18-24 year olds are now being targeted with increased media attention. Currently students are being used by tobacco companies as walking billboards or displaying banners at athletic events.

The students involved will continue to encourage and aid the board in any possible way to eliminate the tobacco industries sponsorship and advertising on our campus.



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ASSOCIATED STUDENTS INC.

LOOKING INTO ASI

Student perspectives
about ASI and an
explanation of its role
by the ASI president
and the chief of staff

Erick Smith
MUSTANG DAILY

Associated Students Incorporated is the student-run and student-elected governing body at Cal Poly headed by President Tylor Middlestadt, an architectural engineering senior, and Chief of Staff Becca Swanson, a psychology senior.

The purpose of ASI is to act as the eyes and ears of Cal Poly's student body. When student recommendations are desired by officials, such as Cal Poly President Warren Baker, Middlestadt and Swanson respond with what they believe to be student's opinion on the issue.

"The vision of ASI is to be every student's connection to the ultimate college experience," Middlestadt said.

A field poll of nine students revealed that five were unaware of how ASI functions to serve students. Those who said they under-

see ASI, page 16

Mustang Daily study tip # 24: Turn off AIM
For more tips, pick up the Mustang Daily.

WITH THE MANY ADVANCES in technology, it seems everyone is using it to simplify their lives...including thieves. Laptop computers have become one of the top stolen electronic items in the last three years.

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ASI

continued from page 15

stood ASI had previously been involved within the organization or had contact through clubs.

"Students are not entirely aware of

everything within the program because ASI fails to explain what they do and the projects they are involved in," art and design senior Diana Madsen said.

Middlestadt said he is aware of student misunderstandings, and he hopes

to inform students that his door is always open so that students with comments and concerns will feel free to talk with him.

In an effort to break down existing barriers and be more visible on campus, Middlestadt said students should

come to the ASI board meetings. The meetings provide an open forum for students to come and speak prior to the start of the business aspect of the meeting.

"To improve ASI's visibility on campus for this year, we in ASI need to be visible by having student leaders representing ASI at events on campus," Middlestadt said.

As an organization, Middlestadt and Swanson work in conjunction with the board of directors, which has 25 seats. The board of directors is based around Cal Poly's seven colleges as each college receives between three and five seats on the board.

Elections are held each spring, along with the election of ASI president. Students vote other nominated students from their college onto the

board.

Other opportunities are given to students to take part in student government as roughly 45 to 50 people are selected to fill the executive staff.

The staff deals with media and marketing, community relations, campus life, lobby corps, projects and events and sustainability. To fill a seat on the executive staff, students must contact the ASI president and submit an application for a position.

Middlestadt stressed that students who are looking to take part in the decision-making process apply for either the executive staff or run for a seat on the board of directors.

Swanson added, "Students need to get into the ASI office because their voice can have power."



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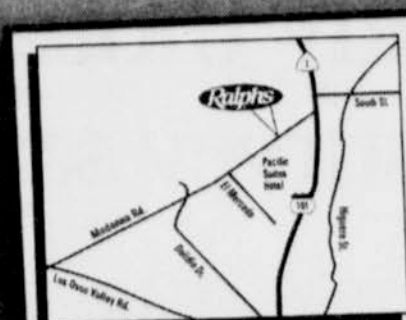
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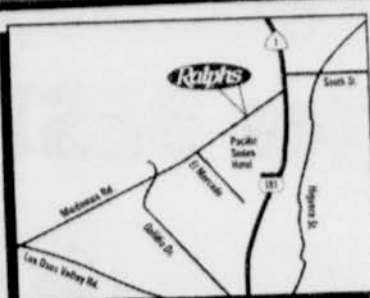
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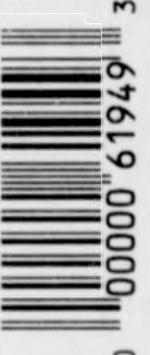


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ACADEMICS

18 Special Edition

Women study more than men, survey says

Diya Chacko
DAILY TROJAN (USC)

LOS ANGELES — Recent studies of American college students have shown that the girls are beating the boys in terms of time studying, grades and time taken to graduate.

A Student Monitor survey of 1,800 students revealed that female students study more often, more efficiently and for longer periods of time than male students. Male students, on the other hand, are more likely to study later at night, skim their textbooks and party more often.

As a result, female students are achieving higher grades and graduating in less time than male students, the study found.

"This research confirms that hard work matters and quantifies the difference between those students with a set of solid study habits and those without," said Eric Weil, managing partner of Student Monitor, in a press release.

Student Monitor publishes nationally syndicated market research studies targeting the U.S. college student body as a consumer group.

The study found that women are 35 percent more likely to study everyday, 21 percent more likely to

study 15 or more hours weekly and 23 percent more likely to thoroughly read their textbooks.

By studying more and harder, these students receive higher grades and graduate in four years or less.

Results from the study showed that nearly half of female students study daily compared to a third of the male students.

More than one in four men found themselves studying late at night compared to less than one in five women. Lastly, the study found that men party 20 percent more than women.

According to the University of Southern California Fall 2004 Scholarship Report, the average GPA of female students is 3.05, while the average GPA of male students is 2.878.

"Those numbers are the average GPAs of the entire USC student body," said Nisha Alle, a sophomore in the USC Baccalaureate/MD program. "When you think about it like that, the gap is actually pretty wide. Maybe girls are just more focused at this time."

At least some of the females at USC seemed to agree and individually reflect the study's findings.

"I study highly efficiently and have a lot more focus," said Nicole Williams, a junior majoring in
see Survey, page 19

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Survey

continued from page 18

political science. "To a degree, girls have a better sense of things. We clue in more to the professor and care more about our work."

Williams said that she studies around 30 hours per week.

Chien-Te Lee and Matt Byrne see it differently.

"Men are meant to be more physically active," said Lee, a junior transfer student majoring in business administration. "My personal understanding is that men can't focus because they're meant to be active; they can't focus for really long periods of time."

But at the same time, he said that he studies around 72 hours a week.

"Transfer students have to study hard," he said.

Byrne, a graduate student studying motion picture production, said that he thinks the sex of a professor could be important, among other factors overlooked in the study.

"Women are simply better students in some circumstances," he said.

Weil said that around 1,800 students were picked from random undisclosed universities and community colleges to take a 15-minute survey by telephone. Students were asked questions such as their year, whether they were enrolled full or part-time, whether they lived on or off campus, if they had taken basic courses such as Calculus I, Introduction to Psychology or Introductory Chemistry and their grades in those classes and how

BY THE NUMBERS

The difference between men's and women's study habits

35 Women are 35 percent more likely to study daily than men.

23 Women are 23 percent more likely to thoroughly read their textbooks.

21 Women are 21 percent more likely to study 15 hours or more per week.

20 Men party 20 percent more often than women.

much time they spent studying or partying, as well as their usual study habits. One question asked students to say whether they had been studying for a certain purpose.

"Actually, it was found that some women study just so that they don't embarrass themselves in class," Weil said.

The Association of American Publishers commissioned the study to find ways to educate students in a more sophisticated manner so they

are able to graduate in less time.

These days, the growing number of college students is straining campus resources, causing the cost of education to go up and forcing students into higher debt. American college students are under pressure to achieve higher grades and graduate in four years or less.

"Currently, only one-half of all public four-year college and university students are graduating in four years or less," said Bruce Hildebrand, executive director for higher education at the Association of American Publishers. "We wanted to find out what else publishers can do to make products that better meet the needs of students."

The Association of American Publishers is the principle trade association of the U.S. book publishing industry and its members include most of the major U.S. commercial publishers.

Hildebrand said that there is a constant move to improve textbooks for an increasingly diverse student body. He quoted an Aug. 17 press release published by the ACT stating that only half of ACT test-takers who graduated in 2005 have college-ready reading comprehension skills and that no improvement has been shown in math, science and English scores.

"The key thing is to find what combination of instructional learning tools and time on task -- actual application of time and hard work -- will give the student the greatest success," Hildebrand said. "We can then balance the tools of the professors against student success."

Qualified California teachers in decline

Ashley Lopez
MUSTANG DAILY

Cal Poly College of Education students are entering a field of growing demand. Students seeking careers in education have become a commodity within the California system.

California is experiencing a steady decline in the amount of its qualified teachers. According to a report from CSU Bakersfield, a predicted shortage of 300,000 teachers will occur over the next 10 years.

Retirement will take 100,000 teachers alone.

It is not only the current teachers that effect the shortage. The amount of college students attaining a degree in education has also declined.

Associate Dean of the College of Education Carl Brown explained three major aspects that influenced the decline in the enrollment of liberal studies

majors during the 2003-04 school year.

Students believed the teaching shortage was satisfied. Universities closed summer sessions, which set back progress, and the No Child Left Behind legislation deterred students from the field.

The high stakes testing requirements of the act and the elimination of emergency credentials have been enough to turn students away.

"...people want to be teachers because of the good benefits, the time off and the job is emotionally rewarding."

— CHRISTY BOYD
Liberal studies senior

"No Child Left Behind is a worthy effort and it demands high

standards, yet they are unrealistic and there is no funding behind the legislation."

Many students also stray from teaching due to the projected salary. "The most common reasons that people want to become teachers is because of the good benefits, the time off, and the job is emotionally rewarding, but it's never about the money," liberal studies senior Christy Boyd said.

see Teachers, page 20

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Teachers

continued from page 19

The shortage of teachers is not as severe in San Luis Obispo due to the declining enrollment in the area. With high real estate values, the city is less prone to attract young families that feed the enrollment of the community's schools.

"Shortage has more to do with the region than the level," Brown said.

Urban areas have growing enrollment and have a greater need for teachers.

Middle and high schools are impacted most by the teaching shortage.

Gov. Arnold Schwarzenegger is proposing \$1 million in funding and programs that would advance

more math and science teachers for middle schools and high schools.

Math and science are in high demand for these grade levels. Since San Luis Obispo County has a sufficient amount of teachers for its schools and its enrollment of students, Cal Poly has tried to make partnerships with schools that have such growing enrollments. Recently, the College of Education has developed programs to send student teachers to schools in the Bay Area and Los Angeles.

There are currently about 400 liberal studies majors. Each year about 120 students graduate with a teaching credential.

Graduates of the program are surveyed yearly. The results indicate that 90 percent of graduates stay with their jobs as teachers.

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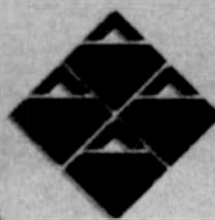
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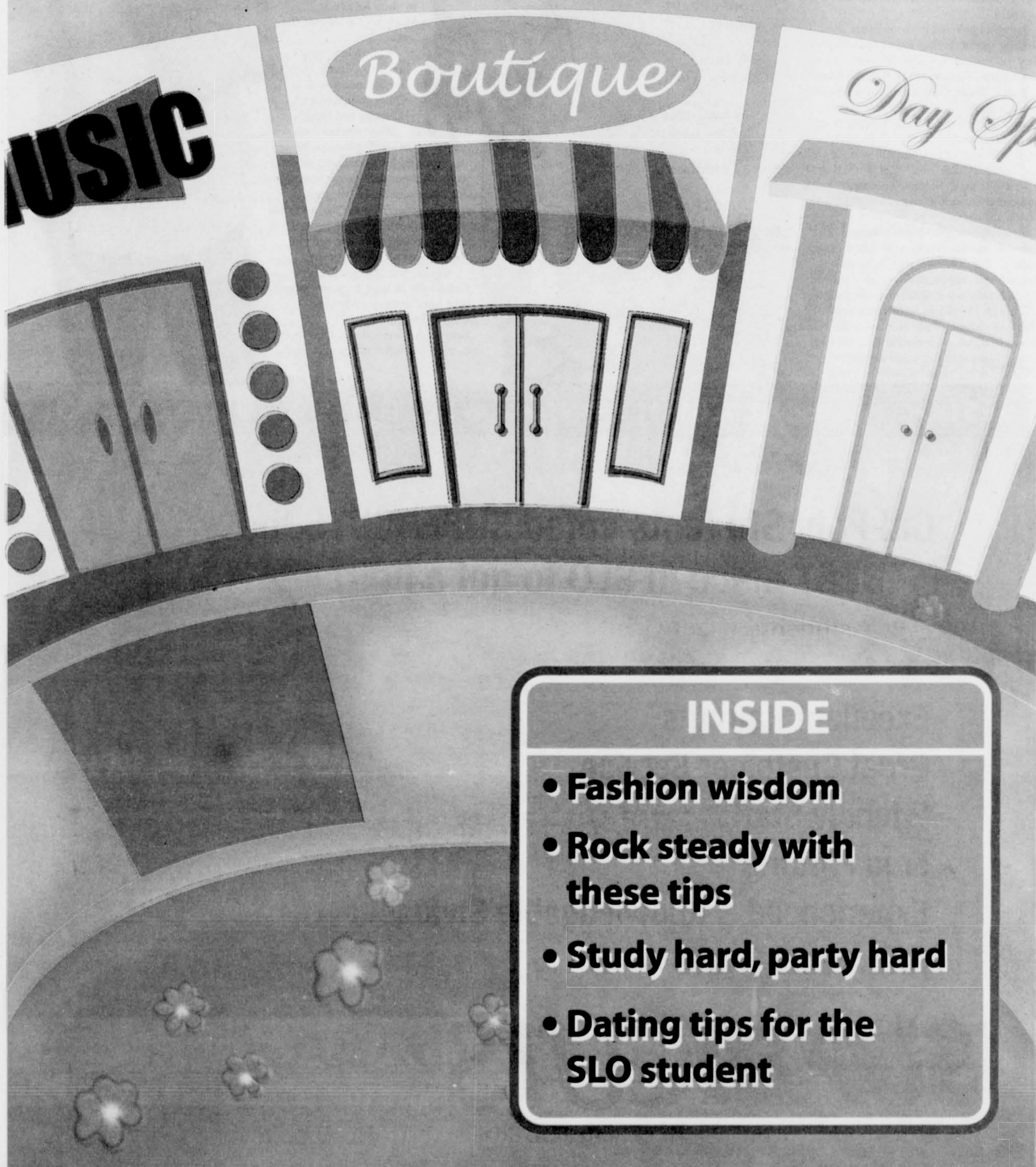
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MUSTANG DAILY SPECIAL WOW EDITION

LIFESTYLE



Pretty fly for a Cal Poly guy

College isn't just about showing up to class in pajamas. Find out how Cal Poly guys keep it fresh on the West

Story by Erick Smith
Photos by Matt Wechter

MUSTANG DAILY

Upon rolling out of bed one morning I went about my usual routine of showering and brushing my teeth. But, as I went to get dressed, there was nothing in my closet. Everything, from my shoes to my hats, was gone. All I had were hangers and a few cobwebs.

Initially, I believed my roommates were plotting against me, but soon I found out that they too had empty closets. The scene seemed like a warped version of the Twilight Zone.

And so began the quest to buy an entirely new wardrobe.

Alex Hayek agricultural business sophomore suggested to start at Copeland Sports, Moondoggies and Central Coast Surfboards (CCS).

"I like to go to Moondoggies to get beach bum wear like sandals, shorts and shirts," Hayek said.

After observing students on campus, it becomes obvious that the common footwear trend for Cal Poly Mustangs are sandals. According to Hayek, people mainly wear Reefs, Rainbows or Quicksilver on their feet.

Though Hayek said he prefers Reefs, Rainbows have become such a popular item among Cal Poly students that they can now be purchased at the El Coral Bookstore.

As for other types of footwear, civil

What is Erick Smith sporting?

- A personalized haircut thanks to store-bought clippers

- A fitted Hurley T-shirt

- School-ready Dakine backpack

- O'Neill cargo shorts

- And Quicksilver sandals to top the beach bum look



engineering junior Blake Silkwood said he chooses to shop at Copeland's for athletic shoes and socks.

But Moondoggies was named top choice in surf shops by Cal Poly students in the Mustang Daily's 2005 Best for Cal Poly edition, followed by CCS. Both stores offer a wide range of skate shoes from companies like DVS to Etnies.

Moving upwards, it's common to see many have variations of cargo pants hanging on most of the racks. Matt Hensch, a graphic communications senior, said he chooses to shop locally at Mervyn's because of the cost.

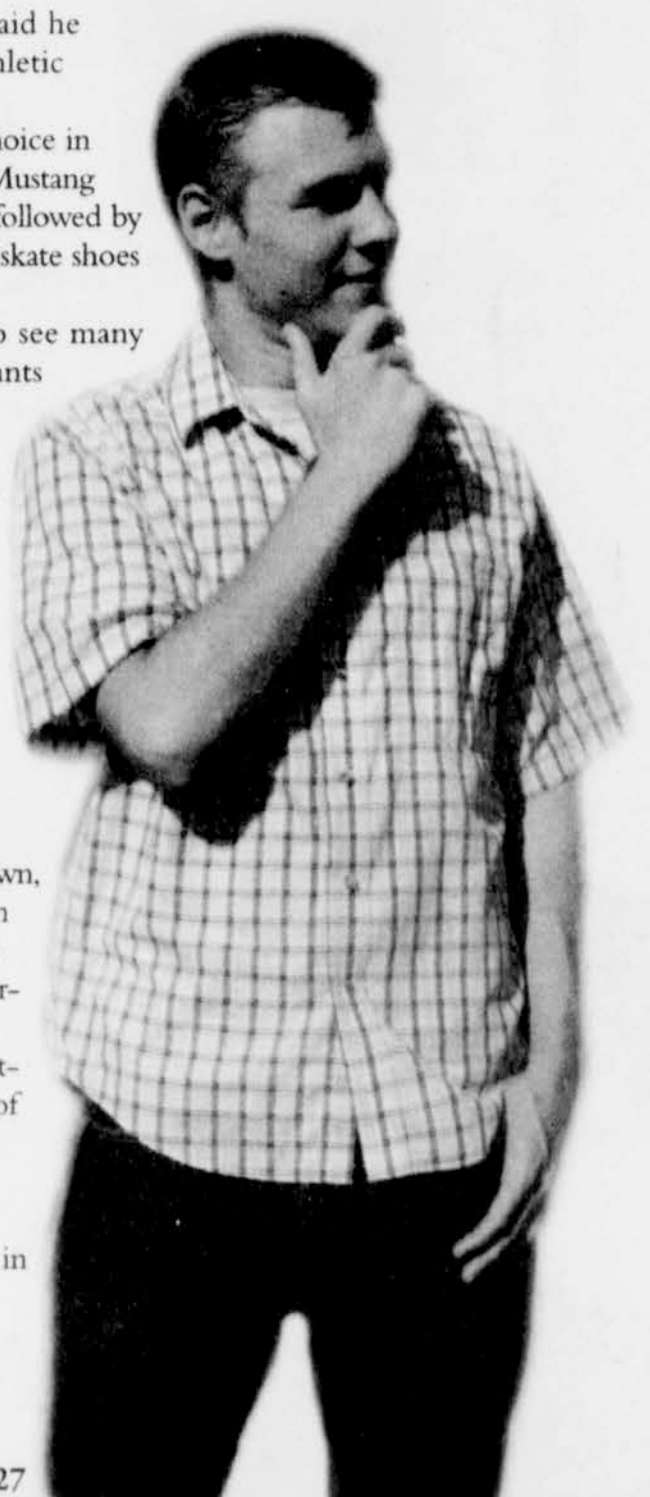
While Mervyn's is home to clothing brands like Sideout, as well as Quicksilver, Volcom, Billabong and Hurley.

When weather cools down, Cal Poly students can be seen wearing jeans, but warm weather does not always deter people from wearing the popular denim blue pants.

During one summer day, while sitting outside of Campus Market, 18 of 22 who passed by in a five minute period were all wearing jeans.

Upscale jeans are available at Gottschalks or large corporate stores in town like Express for Men and Abercrombie and Fitch.

Even with pants and shoes, however, restaurants and other places of business



see Guys, page 27

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Everybody loves a Cal Poly gal

SLO fashion doesn't mean no fashion. Find out how Cal Poly gals stay chic in this small town

Story by Kristen Oato
Photos by Matt Wechter

MUSTANG DAILY

I went to bed last night after making a mental list of my schedule. My roommates and I had a long and busy day ahead of us. These included particularly stressful activities such as going to class, the beach, dinner and downtown.

Thank god I woke up early, because I was in for a shock.

When I went to look in my closet and dresser for something to wear, I couldn't believe my eyes. There was literally nothing in them except for unclothed hangers and empty drawers.

I figured the incident must be part of a really dumb practical joke, so I went upstairs to ask my roommates about my mysterious vanishing wardrobe, only to find them equally confused.

For some strange reason, all of our closets were empty. But rather than worry about trivial little things like where our clothes were or who took them, we decided to go ahead and solve the problem. We went shopping.

We piled into my car in a mess of Cal Poly sweatpants, tank tops and fuzzy animal slippers. After stopping for breakfast, it dawned on us we had no idea where to go or what to wear.

While Cal Poly may never be described as the ultimate fashion mecca, students here certainly have their own style.

It's easy to see the California coast attitude reflected in the easy, hip and casual clothes found on campus. Cal Poly's Central Coast location blends northern and southern California brands in a mix that can be only described as West Coast.

"There is definitely a difference between Northern and Southern California styles. I've noticed more of a hippie style up north, and more of a beach feel down south," agriculture business senior Carly Cesare said.

What is Kristen Oato fashioning?

- Oversized sunglasses
- Bohemian-type accessories
- J. Crew layered tanks
- Abercrombie & Fitch destroyed jeans
- And Rainbow flip-flops to complete the fusion of NorCal and SoCal styles

"For the most part, if someone wants to dress trendy or casual they will. It's all what you prefer."

We decided the proper attire for class would be a mix of trendy and casual. After a quick conference, we decided to check out the new Abercrombie and Fitch and Banana Republic.

"There's a good mix of styles at Cal Poly. You see everything from surfer-y types to girls in Juicy Couture to high maintenance fashion," liberal studies senior Ashlee Eisinger said. "I've noticed girls wearing skirts with ruffles, longer tanks and big designer bags from Coach or Dooney & Bourke."

Armed with this information, my roommates and I headed off to Coverings. Right away, we noticed the Michael Stars, Splendid and C & C California tanks, and I quickly grew curious about trends for fall.

Business senior and Coverings employee Allison Bruso told me the new way to pull off the bohemian look was to get layered.

"Thick, chunky sweaters, big belts and long, layered necklaces are going to be popular. Celebrities like Jessica Simpson, Mischa Barton and Sienna Miller are really influencing what people buy," Bruso said. "Wooden accents are all over accessories like bangles."

see Gals, page 23

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Gals

continued from page 23

After browsing the racks, I picked out a pair of Citizens of Humanity jeans and Jeffrey Campbell shoes. With one quick swipe of plastic, we set off to find swimsuits for the beach.

Next, we went to SLO Swim and found ourselves overwhelmed with the variety and amount of swimsuits.

Although the store's owner, Shelley Filip, was out on a buying trip, employee Linda Rudd shared her knowledge.

"Surf-cut suits are big right now, as are string bikinis," Rudd said. "Embellishments are going to be huge for fall.

We're seeing beads and sequins on the new suits."

Each of us picked out suits made by companies like Vix, O'Neill and Roxy. We were so excited by our purchases, we headed down to Central Coast Surfboards to look for more board shorts and cover-ups.

"I really like the brands at CCS. They have Reef or Rainbow sandals that I see a lot of on campus," psychology senior Michelle Slaney said, "(and) they're big on surf and skate brands like Volcom and Billabong. The zip-up sweatshirts

are pretty popular."

We headed across the street to find something to wear at dinner. Uptown Jean Co. had a great selection of shoes and jeans. My roommates liked the Lucky Brand and Rock and Republic jeans.

"We sell a lot of Kenneth Cole heels. For fall, there's lots of embroidery and dark jeans," said Erinne Lisby, business junior and Uptown Jean Co. employee. "In

terms of colors, we're getting in browns and golds. We also carry Guess and Ben Sherman brands."

Our last stop was Express to find outfits for the night. Luxe tops and dress pants in a variety of colors filled the room. The

store also had a good selection of jewelry and purses.

"For going out, most girls wear pumps or stilettos," Cesare said. "Chandelier earrings, name brand jeans and cute tops are staples."

With our arms full of bags, we trekked back to the parking garage. Although we were all satisfied with our purchases, we couldn't help but wonder what happened to our original clothes.

Oh well, at least we'll be well dressed — and with just enough time to make it to class.

"For going out, most girls wear pumps or stilettos. Chandelier earrings, name brand jeans and cute tops are staples."

— CARLY CESARE
Agriculture business senior

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Cal Poly school of rock

Nick Hoover

MUSTANG DAILY

As you walk into the dorms, you've probably got that crazy idea that many before have dreamed of — "I want to get into a band."

Trust me, you're not alone.

Following this guide might be the difference between playing downtown on a bench and selling platinum albums.

Where to find other musicians

If playing as loud as you can isn't attracting anyone, a few of these sources might get you hooked up with some other musicians.

The Mustang Daily Classifieds are free for students and an easy way to let people know that you're looking to jam.

Another option is to pick up a New Times or visit their Web site at www.newtimeslo.com. They have a special classified section called "The Music Box" where you can regularly find people searching for bands, or bands searching for people.

Finally, try visiting Two Dogs Coffee at 1017 Monterey Street in downtown San Luis Obispo. They have an open mic night you can participate in and allow others to catch a glimpse of what you're trying to start.

Where to buy that shiny new Les Paul ... or other instrument

There comes a time when every guitar player wants to upgrade from that classical guitar that your dad had back when he started college in 1965. These shops should upgrade your gear nicely, and for a good price.

Grand Performance, at 3195 South Higuera, is SLO's all encompassing music shop. They have a great selection of guitars, basses, amps and

other instruments to get you going. They also rent sound equipment for shows.

Central Coast Music, at 450 Morro Bay Blvd., is located in Morro Bay and has a fantastic array of used instruments for those musicians on a budget. Also check here for unique items that you might have difficulty finding elsewhere.

Drum Circuit, at 280 Higuera Street in San Luis Obispo, is the place to go if you need a new drum kit, or just a few sticks.

Other SLO music shops don't carry the amount of percussion gear that this place offers. Lessons are available as well.

Lightning Joe's, in The Village of Arroyo Grande, offers more advanced equipment and a greater selection of amplifiers for guitar players.

Places to jam

If you're getting tired of rockin' out in your buddy's garage, it might be time to take your tunes public. These venues are in order of size and level of playing skill.

First, try out Cal Poly's

University Union. That's right, you can rock out with your professor — well, maybe not. Check with ASI for booking information. Bands play every Thursday at 11 a.m. at UU Hour. Worried about a thin crowd?

Don't.

Classes

aren't nor-

mally scheduled for that time, so every student passing by will be sure to hear your sound whether they like it or not.

Nautical Bean, at 11560 Los Osos Valley Road in San Luis Obispo, is great for acoustic performances or small gigs. Located in the Laguna Shopping Center, this is a great place to launch your musical career.

Cisco's, at 78-G Higuera Street, is a smaller venue, but has a

great creekside atmosphere.

More of a quiet or acoustic setup than a hardcore drop-D searing guitar solo spot.

Or, why not play a set at San Luis Obispo's Farmers' Market? What could be better than hundreds of people walking down the streets of SLO on Thursday evening? Plenty of people to play for, and lots of space. Check with the Downtown Association early, as booking a gig can be tough with other competition looking for a spot.

There is also the Frog and Peach Pub, at 728 Higuera Street, which is the spot for live music in SLO because of its intimate setting. If you've got a funk or reggae sound to your music, this is the venue for you. Be sure to bring your "A" game because Frog and Peach is no stranger to fantastic bands. Word on the street is that the stack of demo CD's from bands trying to book a gig at the Pub is piled high.

Then there's SLO Brew, at 1119 Garden Street, which is one of the largest venues for live music in SLO. The venue has two bars, one upstairs and the other downstairs, with a huge sound system ready for the bigger bands who can draw in a crowd. Watch out, though, because Papa Roach, A Perfect Circle and other bands that you hear on the radio have passed through SLO Brew at one point in their careers.

Final words:

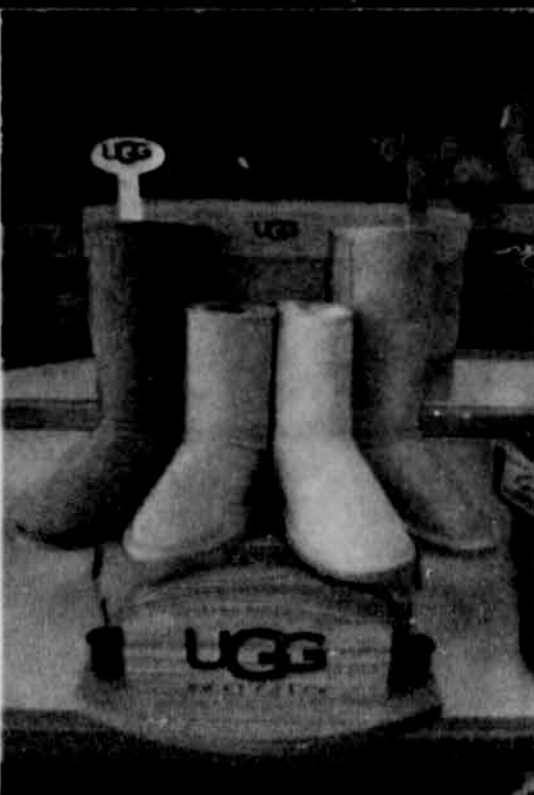
Need some advice? Talk to bands who have gigs around town. They can point you in the right direction. Also, check out com-

see Rockstar, page 28



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Nerds can party too

You don't have to be a hermit to stay off academic probation, but you do need to perfect your balancing act

Chris Gunn
MUSTANG DAILY

A calculated flick of the wrist sends a small, white eggshell-colored ping-pong ball in the direction of 10 red party cups, each glinting in the light from liquid spilled during the last game and the inevitable loss of fluid during refilling.

After a second in the air, it turns downward to the pyramid of cups across the table. A click in the air is the sound the ball makes as it hits the back of the white inner cup and drops into the fizzy yellow glow of a quarter cup of Natural Ice.

This is the life of a college partyer: nights playing Beirut around crowds of people and roaming the streets with a few friends, a 6-pack and a hankering for a rowdy party.

Depending on the week, the click of a ping-pong ball against plastic party cups, or the bump of Lil Jon's latest hit could be a three-night ordeal.

Three nights a week may seem like a lot to some people, but during the time of one's life when friends and having a good time are as important as the learning that goes on in their college classrooms, it is important to understand how to get by — or better yet, to excel.

Partying in college can be fun, enjoyable and, in heavy doses, the beginning of major problems. That is why it is important to have a good time while at the same time finding a balance between school and after hours activities, social science junior Vanessa Mathews said.

"When you're in college, school is your life,"

Mathews said. "If you're not doing well in your classes then part of your life sucks. It

just feels better knowing your life is taken care of." Finding a balance and settling into a routine is the key to maintaining a positive learning experience while at the same time having a good time outside of school.

"I'm going to have to buckle down this year," Mathews said, referring to the upcoming school year.

Buckling down and finding a nice medium between partying and school is the best solution, according to Mathews.

Software engineer senior Broc Miramontes agrees.

"Balance between work, partying and school is essential," he said. "The more you party during the weekend, the harder you have to work during the week."

What's Miramontes' secret to success? "I don't sleep, I eat shitty and I stay up late," he said.

And it seems to work.

Miramontes maintains a 3.71 GPA, logging his name on the Dean's list quarter after quarter.

"I'm for moderate partying," software engineering senior Meshaal Al-Rushaid said. "Having a social life doesn't have to hinder your ability to get a good grade."

NICK HOOVER
MUSTANG DAILY
PHOTO ILLUSTRATION



*Mustangs
on the run*

*How do you balance
school and your social life?*



"Making the most of your time is important. Do your work in between classes and on the run."

*Alan Sam,
Electrical engineering senior*

"I hang out with my roommates, so I stay home. That's one way to save time."

*Danielle Carlson,
Architecture junior*



"Use lab time wisely. If you have lab time, do your homework there."

*Josh Rice,
Forestry and
natural resources*



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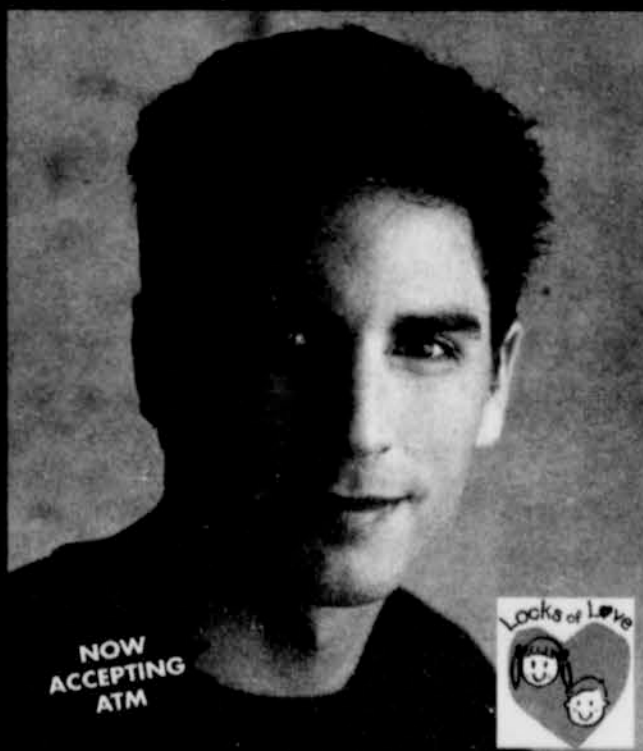


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Central Coast Dating 101

Nick Hoover
MUSTANG DAILY

While you might think that your Sex Panther cologne is going to seal the deal, you might have a better chance of landing a good date if you follow the advice the Mustang Daily has for you. That's right, it's the top five places to take a date. Some of these choices were pulled from the deep archives of seniors who unwillingly provided their secrets. Some things should be kept from the public eye, but we're committed to quality journalism at the Mustang Daily, so giving up this information was our journalistic duty.

The big screen: The Palm Theater

There's more to it than going to the movies, it's where you go to the movies. Every guy tries to take a girl to the movies, but how many guys take their lady to a movie house that sells warm apple cider, and shows mostly independent or foreign films? That's right, there's a tip you won't forget. Taking your date here is sure to win some culture points, and you'll be satisfied that it's a low ticket item on your student budget. For an added bonus, take a walk through the Mission Plaza after the movie to end the night smoothly.

Fun in the sun: Avila Beach

This one won't cost you a dime. If all else fails on the weekend, don't let the sun out of your dating toolbox. Take your date to the beach. Take a walk on the pier, scope out the boats at Port San Luis and finish up with some suntanning on a towel. If

you're looking to turn this into a one-two combination, head over to the Custom House for some great food, and if you're over 21 invest in a few pina colodas at Mr. Rick's Beach Bar next door.

To the links: Sea Pines Golf Course

There's always that edge during the first few dates, and the easiest way to eliminate it is to make yourself look like an idiot. Throw your clubs in the trunk, get your best pair of plaid pants out and make sure to bring a few extra balls... because you're going to need 'em. Sea Pines Golf Course in Los Osos is set on the south end adjacent to Morro Bay. Several holes overlook the ocean, and since it's only a 9-hole course you won't get exhausted trying to find your ball out in the rough. To take it down a notch, you can always hit the driving range too.

Where everybody knows your name: Happy Hour at the Cliffs

Here's one for the crazy kids who are 21-and-over but haven't tied the relationship knot just yet. The Cliffs Resort in Pismo Beach is the place to be from 4 to 7 p.m. on weekdays for happy hour at the bar.

Buy your special someone a drink, eat some free tacos and watch the sun set over the ocean. You can explore the shoreline below, lay down on the lawn in front of the resort, or sit at your table on the patio underneath an umbrella with the sun gleaming in your partner's eye. Be prepared for your date to be impressed by your choice, because this place is a gem.

see Dating, page 28

There's always that edge during the first few dates, and the easiest way to eliminate it is to make yourself look like an idiot.

Guys

continued from page 22

might be inclined to withhold services because there is still the T-shirt requirement.

During the day, students wear a variety of shirts from brand names like Krew to band shirts bought at concerts. Also worn among Cal Poly men are collared shirts, both long and short-sleeved of varying styles. Recently, however, stripes are a popular among shirts.

Some other brands worn on campus are Structure and GAP. These companies specialize in both regular T-shirts and a variety of collared shirts providing a vast array of looks for many Cal Poly guys.

If you're in the market to buy dress shirts, which are usually seen as a clothing choice for a night downtown or at a party with friends, Gottschalks has an entire department dedicated to such attire.

As a way to keep warm during SLO winters, sweatshirts and snowboard jackets are usually used as a way to shield the cold weather during the walk from class. The same companies that put out shirts also have a market in winter clothing too, but there are also specific winter

clothing brand names like Forum and Burton.

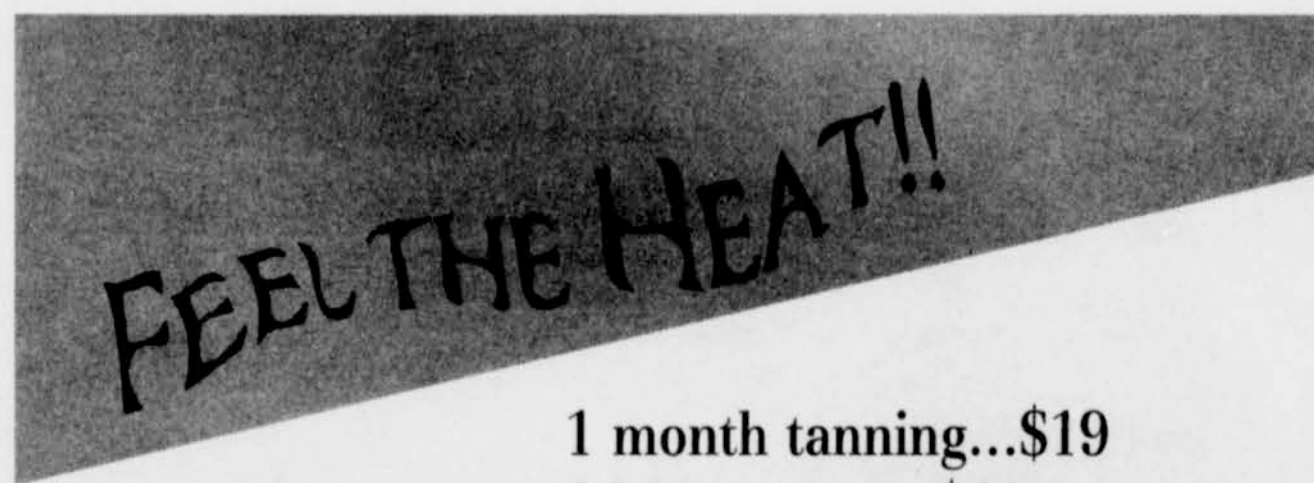
There are also guys who support Cal Poly, including everything from campus clubs and organizations, by donning logo sweatshirts, jackets and shirts. Cal Poly clothing and accessories are available at either El Coral Bookstore or the Cal Poly Store located in downtown San Luis Obispo.

Finally, after all clothing and accessories are bought, it might seem convenient to head out and get a haircut.

According to the 2005 Best for Cal Poly, the Mustang Daily found most students preferred to head to Supercuts located in the Madonna Plaza, but other top selections included Designer Cuts and University Barbershop.

The other option always exists to buy hair clippers and take on the haircutting situation personally, which is what I do. Just be warned, it may take a few tries before you get the hang of it, so make sure *not* to use your clippers before a date until completely comfortable with your clipping skills.

With everything covered, including a new haircut, the only thing left to do is put on your threads and take it for a test run, whether it's across campus or out on the town.



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Rockstar

continued from page 24

petitions. Grand Performance has a yearly guitar competition hosted at The Graduate.

Also, for the drummers out there, The Drum Circuit has an annual drum competition at The Graduate as well. If you want to smoke some older guys who think they've got their tapping and arpeggios on lockdown, this is the place to battle like Mad Max in the thunderdome.

If you think playing a party is going to be the ticket to success, be weary. SLOPD and the Cal Poly Police Department issue stiff fines for parties with bands, which is illegal without a permit.

For an entry-level gig, the high school touring circuit is always wide open. Contact local schools to see if they host bands during lunch. This'll give you a chance at trying your live setup with a bunch of screaming 16-year-olds who think Kelly Clarkson and Ashlee Simpson really tear it up.

If you want to up your game, wash away that ego and go get some lessons! Grand Performance and The Drum Circuit both offer lessons from guys who can probably play 10 times better than you can.

Last but not least, the Internet is your friend. Posting your music online is the best way to get your music out there. Check out www.myspace.com and add your tracks to a band page.

Good luck! Don't say the Mustang Daily never sent you packing with the tools for success.

Dating

continued from page 27

The big guns: Sycamore Hot Springs and some Italian cuisine

For \$30 an hour, you and your date can relax in their private redwood mineral spas. Secluded from view, this is a perfect choice if you need some alone time in a beautiful setting.

Open from 7 to 1 a.m., you've got an open solution to your privacy problems.

If you want to kick it up a notch, add a massage in.

If you're looking for the ultra combo date in a box, take your date to Buona Tavola in San Luis Obispo, next to the Fremont Theater.

This Italian restaurant was

recently remodeled, and has a beautiful outdoor patio laced with white lights, gas heaters and a fantastic menu.

Their wine list never seems to end, and you'll be pleasantly surprised by the look your date gives you at the end of this evening.

What happens *after* the mineral springs and restaurant is something you'll have to keep to yourself.



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Safety in SLO town

Jennifer Gongaware

MUSTANG DAILY

Cal Poly doesn't have a history of violent acts and crimes, but they do occur periodically.

In 2003, there was one murder, 20 forcible rapes, 19 robberies, 99 aggravated assaults, 344 burglaries and 131 car thefts in the city of San Luis Obispo, according to www.cityrating.com, which is well below the national average.

"No matter how safe we are, going by the numbers and statistics, there are crimes in town and Hwy. 101 brings a lot of people through town," University Police Commander Bill Watton said.

The crime rate in San Luis Obispo has dropped 52 percent, and the university community crime rate has dropped 46 percent in the last six years, according to the Cal Poly Web site.

"Perhaps it's because of our increase in visibility," Watton said. "Most people feel safer here than at home."

But, that doesn't mean students can not fall victim to theft of their bicycles, backpacks or things out of their cars.

When it comes to possessions in cars, theft usually occurs because someone leaves valuables on the seat.

Also, there is alcohol affiliated with a large number of activities off campus, which increases the likelihood of a crime occurring.

"Typically we see people in trouble when alcohol is involved," Watton said. "They drank too much, which can lead to aggression and a fight or a sexual assault."

It's hard for the Sexual Assault and Rape Prevention Center in town to track the number of actual sexual assaults since a majority aren't reported, said Shannon Chasin, who

works in crisis services.

"Usually it's between two college students," Chasin said. "A majority occur between acquaintances. It's not the man hiding in the bush synopsis."

Chasin advises students to be cautious about where they are at and who they are with.

"The biggest thing is to be aware, trust your instinct and don't get yourself alone, always use the buddy system," Chasin said.

The University Police Department hears rumors of drugs placed in drinks from time to time, but it's not a mainstream thing, Watton said.

If a sexual assault does occur, the SARP center provides free services such as confidential counseling, clinical therapy and advocacy and accompaniment to law enforcement training and court proceedings. Their 24-hour hotline, 545-8000, connects callers to state certified sexual assault counselors.

To prevent a sexual assault, the SARP center provides women empowerment and self-defense courses privately to dorms or clubs.

They will be on campus during WOW at the Awareness Fair with additional information.

University police provide an escort van for students Sunday



MATT WECHTER MUSTANG DAILY

Red hands dispersed throughout campus mark sites of sexual assaults and serve as a reminder to stay safe and travel in groups at night.

MATT WECHTER MUSTANG DAILY

Emergency markers make it possible to alert the authorities during campus emergencies.



through Thursday from dusk until midnight. They stop outside of the library and Rec Center every half an hour and drive students up to a half-mile off campus.

For those living in the dorms, there are also precautionary measures to take to protect yourself and your belongings. Although the outside doors to the dorms are locked

at all times, some people do not close the door all the way and Watton suggests locking rooms at all times.

In case of an emergency, a 911 call from any campus phone is dispatched to the University Police Department, while cell phone calls are not, so be sure to request the dispatch when calling.

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Bathroom etiquette or not

Rebecca Bauman

THE COLLEGIO (PITTSBURG STATE U.)

PITTSBURG, Kan. — When asked about her experiences in Pittsburg State University's residence hall bathrooms, Anna Passley had an immediate response:

"People can be so gross."

She spoke of residents refusing to flush toilets or remove hair from shower drains or mop up puddles as examples of the discourtesy she's witnessed in PSU's communal washrooms. But she says that she has come to accept that dealing with other people's messes is an unfair part of dormitory life.

"I'm sure these people do the same kind of stuff when they're at home," said Passley, a junior in elementary education who lives in Dellinger Hall. "But then again, maybe because they know that these facilities aren't really theirs they don't care about keeping them clean."

Many students like Passley complain to friends, roommates and family about the discomfort a lack of common courtesy presents when one is living among so many. Toss in the fact that bathrooms, like kitchens, can be breeding grounds for bacteria and other nasty microorganisms, and college co-eds are left with all the makings of an unhappy residence hall experience.

In 2002, GOJO Industries, makers of hygiene products like Purell hand sanitizer, studied the hand-washing habits of more than 130

students from four major universities. Four weeks of observing communal restrooms showed that only 38 percent of female students washed their hands with soap and only 8 percent of male students did so.

"It's the most basic stuff that people forget to do," Passley said. "It gets ridiculous. Every time I go to use the bathroom I have to check the toilet seat just to make sure it's clean."

Wes Hinman, an English senior who lived in Tanner Annex during his freshman year, says he finds more subtle deficiencies in common courtesy equally vexing.

"I hate it when there are three stalls," Hinman said, "and a person decides to use the middle stall and leave the other two vacant. There's no barrier there, there's no real space between stall users. It's disconcerting."

Hinman says he likes to shuffle his feet or clear his throat while he's using a stall so people are aware that they are not alone. He says this can prevent other residents from having a false sense of security while in the restroom and doing something they later might find embarrassing.

"I want people to know that I'm in there," Hinman said. "Personally, I feel uncomfortable not knowing if someone is in the bathroom with me."

Folks like Hinman might find comfort in knowing that there is an advocacy group addressing their

see Bathroom, page 32



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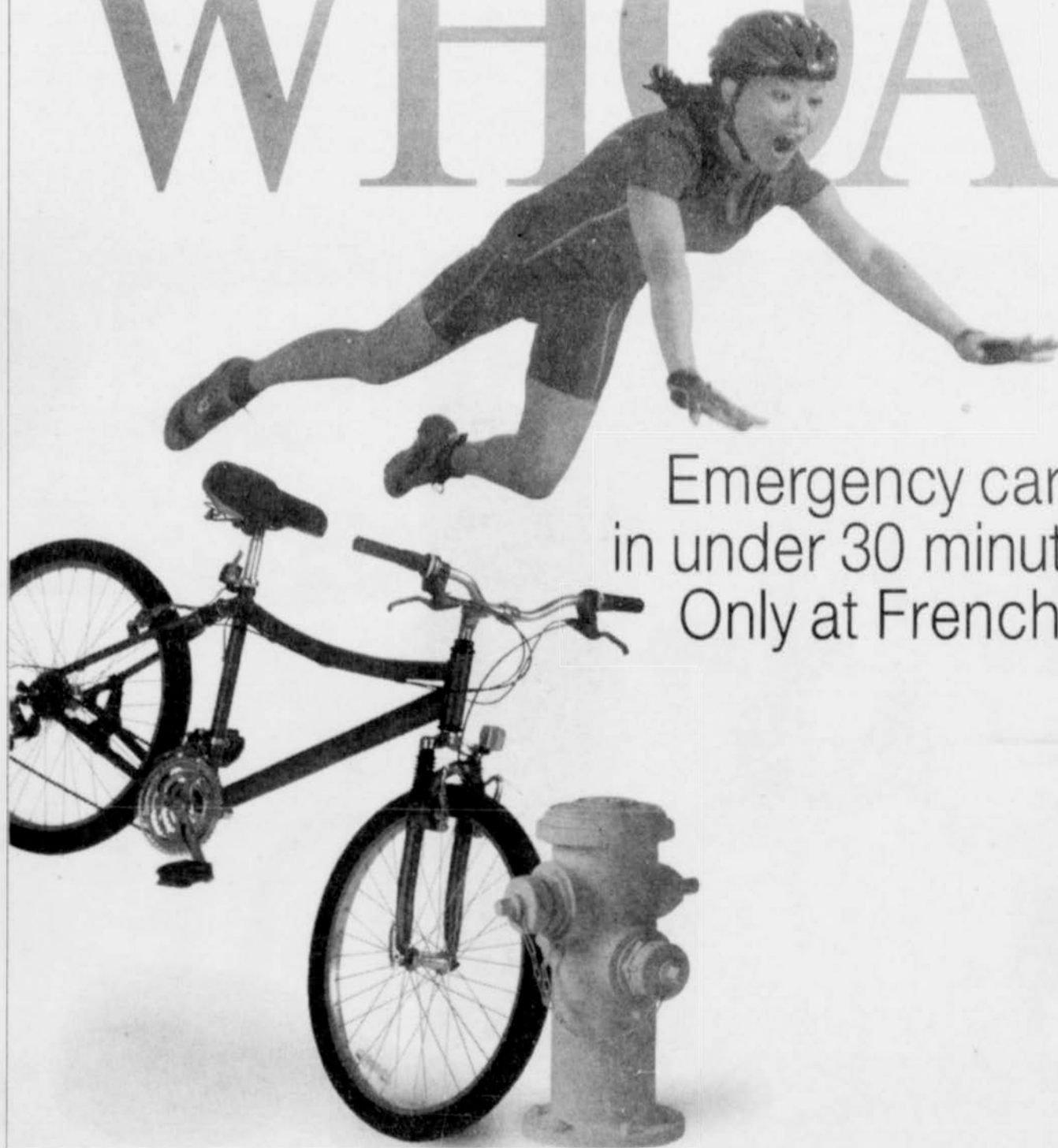
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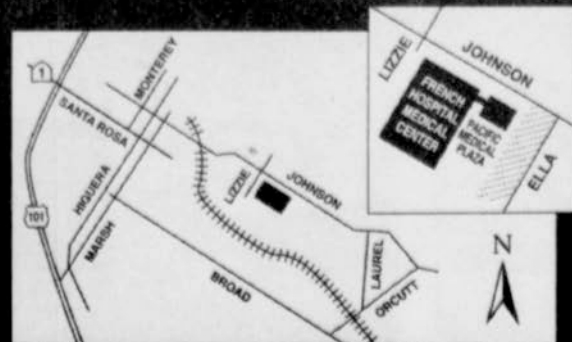
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Bathroom

continued from page 31

The International Center for Bathroom Etiquette, an online organization that discusses a general "disregard for manners and common courtesy" within public washrooms, hopes to "educate the public on the proper course of action" that should be taken in communal environments.

The ICBE, with satellite Web sites in Spanish, German, Dutch, Italian and French, advises bathroom users to always err on the side of caution when hoping not to offend other users, or open themselves up to offense. Space, silence and, of course, cleanliness are all emphasized as signposts of a hospitable washroom environment.

Passley, who continues to live the communal life, says she does the best she can.

"I always clean up after I use the shower," she said. "I want to make sure I don't leave anything behind for the next person. I know what it's like to be them."

Passley says that she makes sure to treat the dorms as though they were her own, and hopes that others will follow suit.

"Every year it's different," she said. "My first year here, people were being pretty good until the end of the last semester. People just got lazy, I guess. But last year, it was awful all the time."

However, not all bathroom users are out to make life harder. Hinman says his freshman year in the dorms

was made more bearable by the gift of a fellow resident's mother.

"She bought little caddies for the shower stalls," he said, "so we could have something to put our things in and keep them organized. That was really cool."

Hinman says the gift of the caddies proved that some remnant of common courtesy still exists.

Communal courtesy tips

- Always flush. And flush again, if needed.
- If a toilet seat becomes wet after use, wipe it down.
- If you cause a clog, take proper measures to fix the problem.
- Wipe up any moisture in sink basins or puddles on floors.
- Rinse the sink after brushing your teeth.
- Keep conversations to a minimum when using a toilet stall.
- Try to leave as much space as possible between yourself and any other washroom visitor.
- Wear flip-flops (to prevent fungal disease) and a robe (to prevent embarrassment).
- Although PSU does employ a maintenance staff to care for all bathrooms, they are not live-in attendants. Counting on others to take care of immediate messes is never a safe bet.
- Any damage or markings made to residence halls will be met with a fine that all residents must pay. Avoid enemies - take care of your surroundings.

(Information courtesy of the International Center for Bathroom Etiquette and PSU's Guide to Residence Hall Living.)

The infamous Frosh 15

Karen Velie

MUSTANG DAILY

Generations of first-year university students have dreaded the 'Freshman 15', the weight gain of 5 to 15 pounds that plagues many first-year students.

Is the 'Freshman 15' fact or fable? The truth is, the average male gains six pounds and the average female 4.5 pounds during their freshman year at college, according to a Tufts University four-year study conducted by nutrition experts.

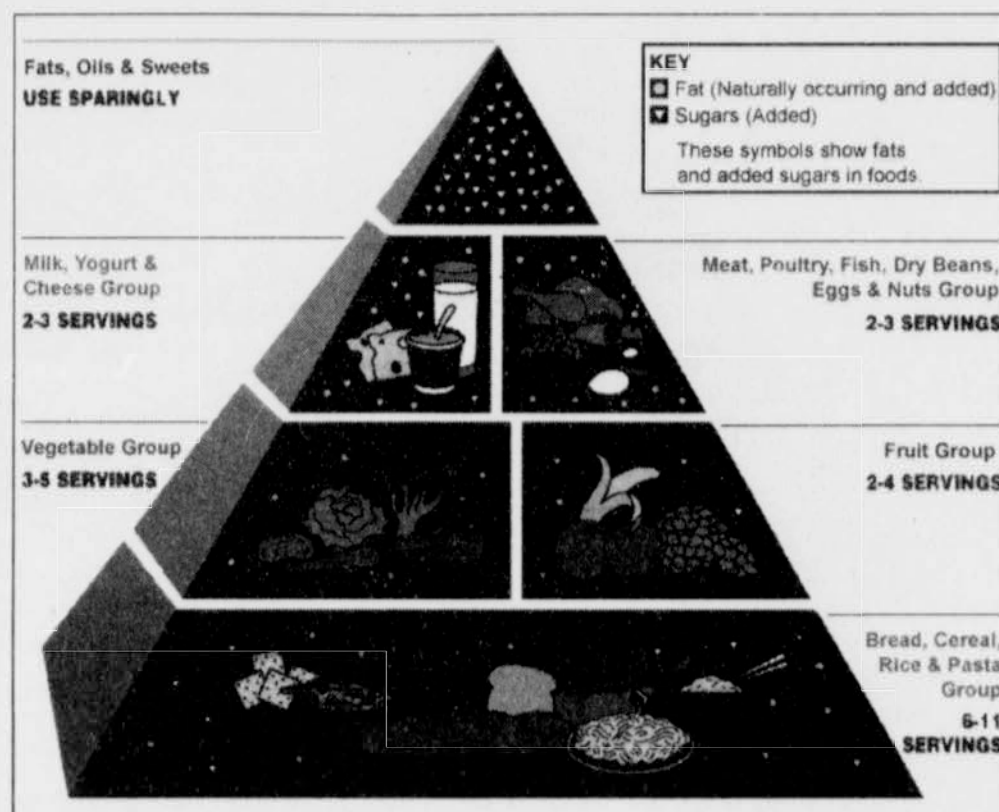
"I've been here three weeks, and I have already gained about three pounds," civil engineering freshman Llanet Gomez said. "To avoid gaining weight, I am going to join intramural sports and try to be active."

Freshmen gain weight due to a variety of factors, such as increased stress levels, decreased levels of physical activity, alcohol use and new dining behaviors.

Alcohol is often the primary cause of student weight gain, Rojean York-Dominguez, Director of Health Education said.

"A shot or a beer is at least 300 calories," York-Dominguez said. "If you have a Long Island ice tea, it often has more than 1,000 calories."

Though the campus dining facil-



COURTESY PHOTOS

A healthy and balanced diet is possible to achieve by planning meals around the food pyramid.

ities are loaded with high-calorie fried foods, they also offer many healthy alternatives. Students that are watching calories can choose leaner meats, order the salad bar and watch for low-calorie food options.

Nutrition education and counseling is available through the Health Center. The nutrition team consists of food science and nutrition majors that have been trained in providing consultations and presentations on nutrition related subjects.

"Come in and get a consultation, and we will tell you what nutrition options are available at

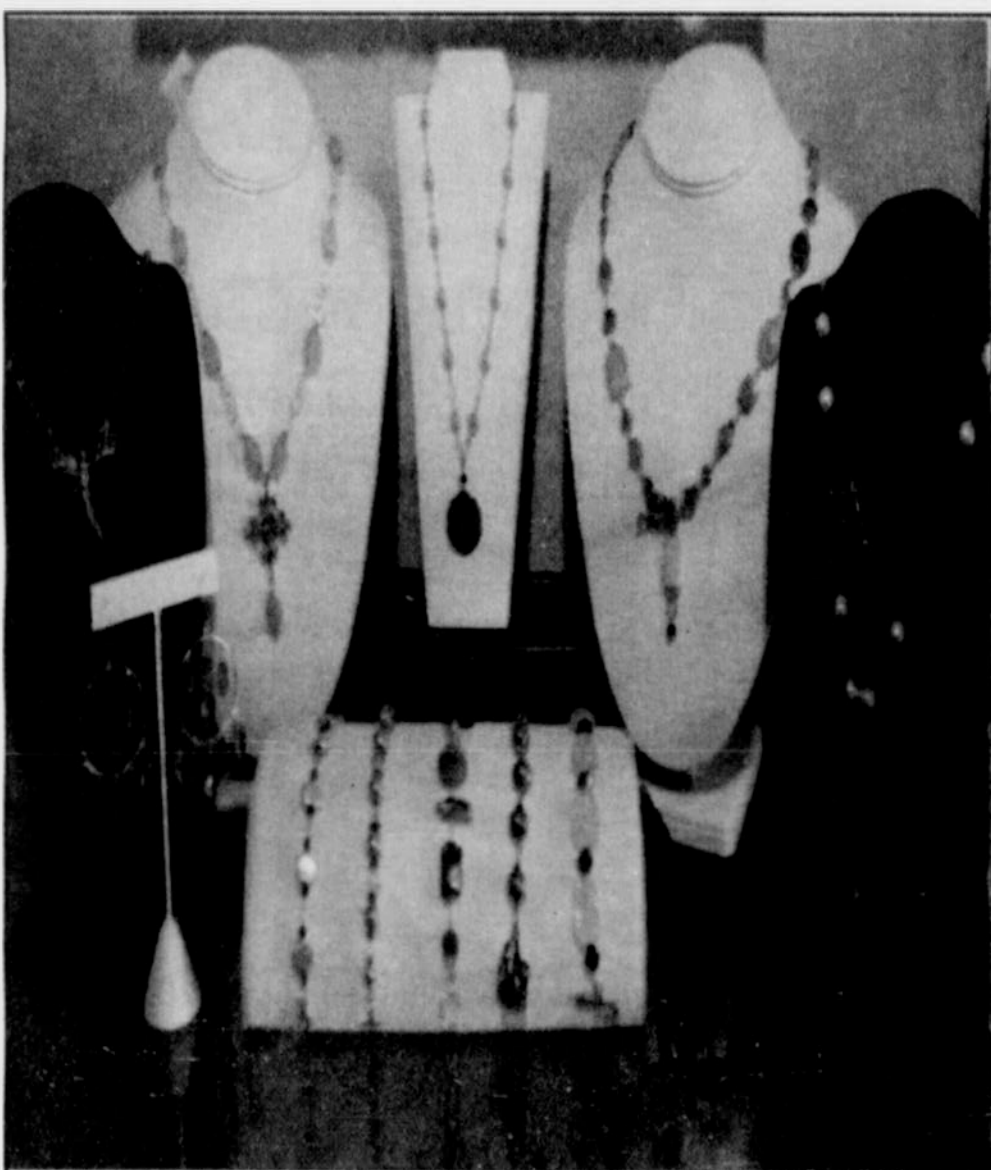
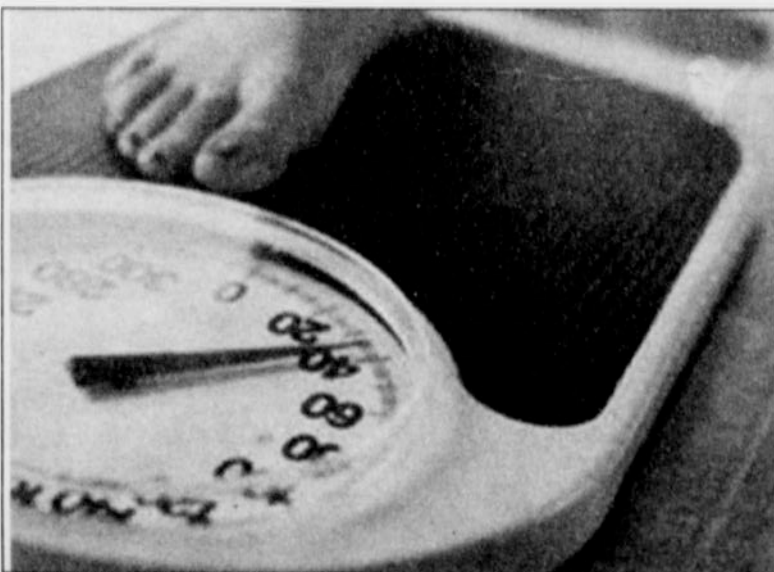
the different venues," York-Dominguez said. "We will explain what menu items fit your dietary guidelines."

Each month, a different nutrition topic is the focus of table tents at the on-campus Garden Grille. A nutrition newsletter is provided by Peer Health Education and is available at www.hcf.calpoly.edu-peerhealth.

To avoid the 'Freshman 15':

- Exercise regularly
- Keep late night and between meal snacking to a minimum
- Keep healthy snacks on hand
- Choose water over sugar-laden drinks
- Watch the size of your portions and avoid going back for seconds
- Choose low fat and healthy options when possible
- Avoid alcohol, it is loaded with empty calories

By paying attention to diet, exercise and lifestyle habits, students can effectively avoid the 'Freshman 15.'



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17 vital college commandments

David Swindle

DAILY NEWS (BALL STATE U.)

MUNCIE, Ind. — She would die of embarrassment, so I'm not going to say who gave me the magnet. It's holding up a funny picture of Christopher Walken on the fridge: Frank Zappa with the quote "If you want to get laid, go to college, but if you want an education, go to the library."

Not bad advice. One good turn deserves another; hence, presented in random order: "Dave's 10 Commandments for incoming."

1. The most important piece of college advice my father ever gave me was, "Take the professor, not the class." Find out who the great profs are, who you click with, and stick with them. Remember — "best" is not a synonym for "easiest."

2. Unless you're one of those evil "morning people," do not sign up for a class that starts before 10 a.m.

3. If your foreign language skills are a bit lacking and your major demands four semesters, consider summer classes. The immersion of

several hours a day worked for me.

4. Escape the dorms as soon as possible. For less than you're paying to live in the dorms with a babysitter, you could get a decent apartment.

5. Going along with No. 1, befriend your professors. I can vouch for the English, political science and foreign language departments; there are plenty of friendly, talented people. Remember, these are deeply passionate individuals who have dedicated their lives to the subjects they teach. In my experience, when they get devoted students, they tend to open their arms. My theory: We remind them of themselves when they were our age.

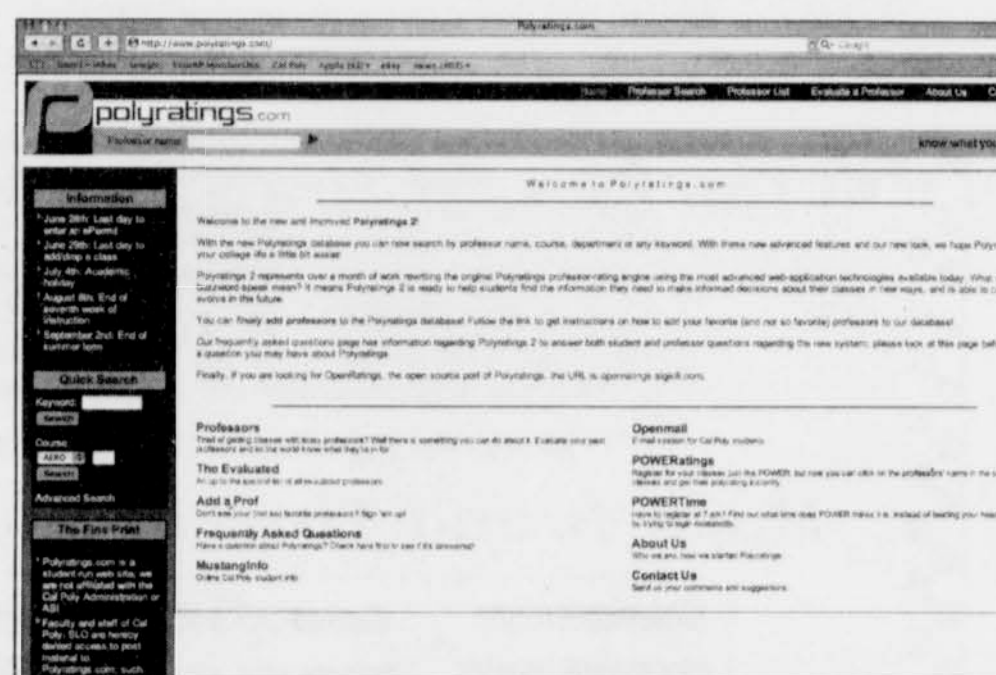
6. Bracken Library is a treasure trove. Between loads of periodicals, popular new books, a solid selection of tapes and DVDs and a vast collection that has inspired legitimate shock and awe in me many a time, you're a moron if you don't take advantage of it.

7. A prime dorm exodus argument: the food. Healthy possibilities are limited. The dreaded

"Freshman 15" is very real. Just because you have money on your meal card or dining plus does not mean that you have to spend it — you'll just end up with a drawer full of junk food and an unattractive gut.

8. Sharing a dorm room can be difficult, whether it's with a best friend or a stranger. First, it's good to know each other's class schedules. My old roommates and I would actually post them up on the wall. Why is this important? It helps to know when you'll have the room to yourself. Why? I refer you to the above Frank Zappa quote.

9. Further, regarding that particular subject — amorous activities — it's good to simply have a frank, roommate-to-roommate talk on the subject. Set up codes. The first is to signal a request to vacate the premises. For example, go to the dorm fridge, peer inside and declare, "We're out of Gatorade." The accommodating roommate will then say, "Oh, I'll go pick some up," and exit with a wink. It's also a good idea to have some "do not disturb" signal on the door, like a



COURTESY PHOTO

Polyratings is a popular tool used by students before class scheduling. Students post their comments about professors and classes they've taken.

sock on the handle or "FIP" written on the white board.

10. The cafeteria in the student center sells grapefruit halves for fifty cents. Eat two daily.

11. It's a good idea to keep a couple of Red Bulls and assorted heavily caffeinated beverages in the fridge in case of emergencies or planned writing marathons.

Generally, I'd caution against writing whole papers the night before they're due; however, I have had success in the past doing so. Last semester I pulled a Red Bull-aided, nearly 24-hour writing marathon — with one break for classes — of two papers totaling about 50 pages. It yielded two of the best papers

see Vitals, page 34

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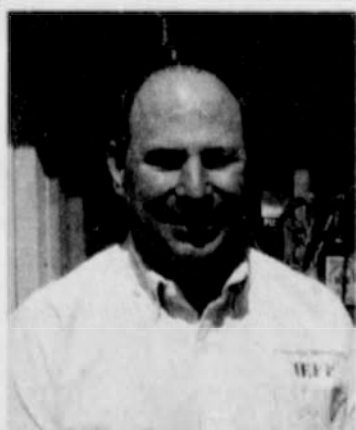
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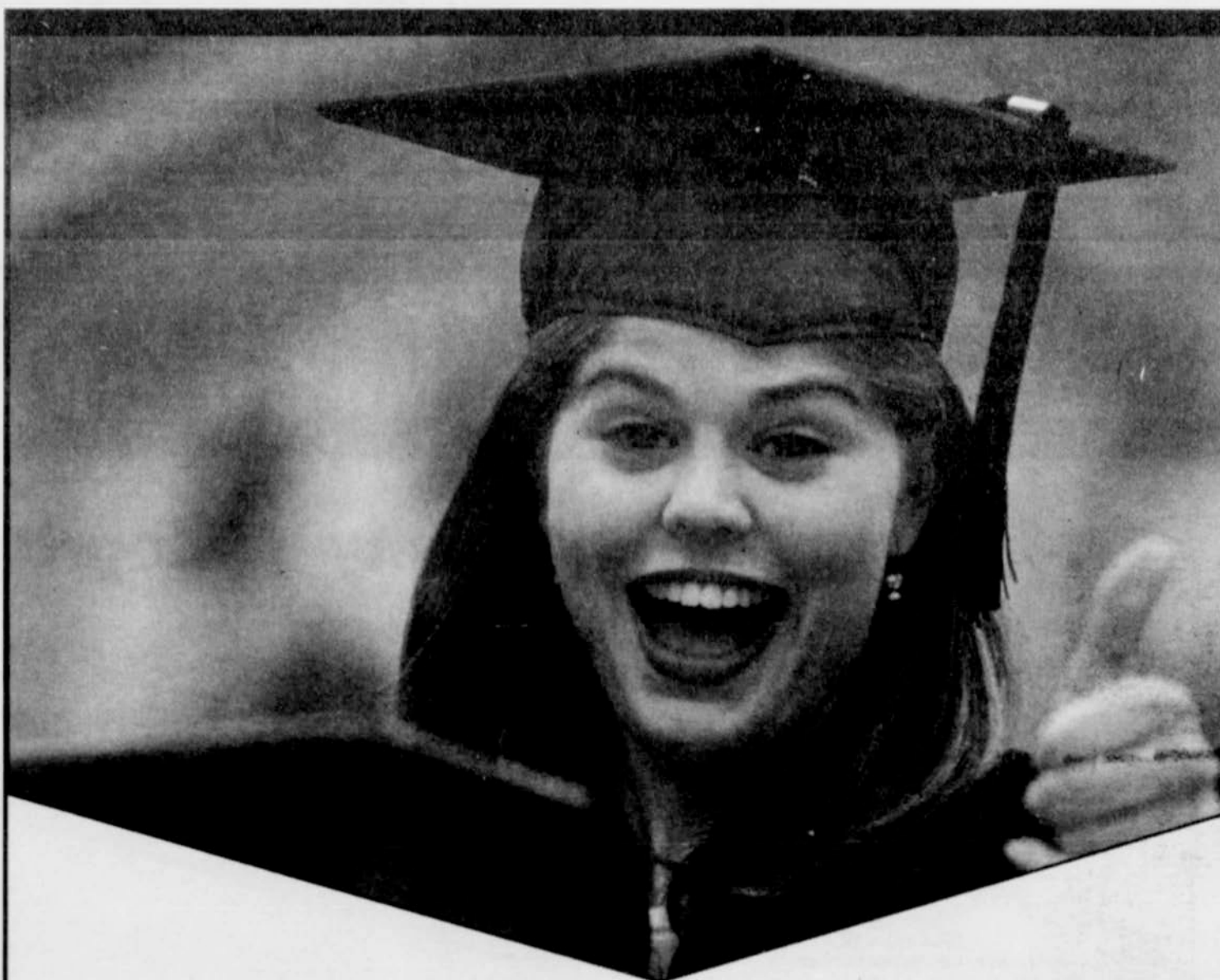
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Vitals

continued from page 33

I've ever written, as well as an A and an A-.

I caution you, though, it only works if you really know what

you're writing about — you need to have all the research and planning done beforehand. Also, absolutely do not have more than two Red Bulls in 24 hours. It will wreak havoc on your system.

12. Always lock your door if

nobody is going to be in your room. It does not matter if you're walking down the hall to ask a friend a quick question or if you're just running to the bathroom.

13. Should you be stuck in the dorms for two years — how about

that Premium Plan? — at the very least get out of LaFollette Complex and upgrade to a better dorm, like the Noyer or Studebaker West complexes.

14. The first semester is arguably the most important because it will separate those who can survive and thrive in the college environment from those who simply are not mature enough to handle it. It's nice to start your college career on a firm base, instead of starting off in the hole and trying to pull yourself up. In other words: Work harder this first semester than you normally would. Be careful about skipping classes and wasting time playing video games or surfing the Internet because, in my experience, those who indulge in those activities a bit too much are often the first to go.

15. So, the class you're in looks comparable to a pleasant drawing and quartering? The prof has goat legs, horns and a familiar goatee? DROP THE CLASS. It's very simple, just drop it and try and pick up something else. You can do that in the first week of classes. I say the same thing to students of a conservative political philosophy who

might find themselves at the mercy of some pinko commie liberal lunatic prof. If you treasure your complete Ann Coulter library and take "Peace Studies and Conflict Resolution," I'm not going to listen to you and David Horowitz whine about "liberal bias" and "indoctrination."

16. As freshmen, the vast majority of you will be under the legal drinking age.

That certainly won't stop you from drinking, but should you choose to break the law, I would recommend drinking at quiet, small parties instead of the massive crazy-loud parties. Cops don't bust parties that they can't find. You might want to just crash there overnight, too, to avoid resident assistants and residence hall staff who will bust you. Of course, if you lived off campus, then it would not be an issue.

17. There are plenty of online communities with which you can get involved:

There is one lie above. My apologies. I will be revealing who bought me the magnet. It was my favorite librarian — my mother!

A little dorm Q&A

Jennifer Carter & Alex Mann
THE AUSTIN STUDENT

uate of the University of Iowa.

Dorm living

Q. — You just met your roommate. How can you avoid the awkward silences with him or her?

A. — (Dakarai Aarons) I'd suggest talking about where you all are from, how many siblings you have and all that jazz. You have a whole year to get to know each other, but starting with the basics will help give you a foundation to keep communication going.

Q. — What do you do if your roommate has a "busy love life?"

A. — (Kate Goodloe) Often, this results in your being "s-exiled." The good news is that it forces you to socialize elsewhere in the lounge, the quad or the student recreational area. I met some of my best friends that way. Your roommate should respect your right to the room, too, and you

see Q & A, page 35



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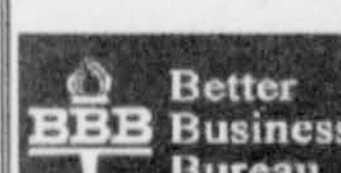
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Q&A

continued from page 34

should encourage her to talk with someone if she's being unsafe. But you are not your roommate's keeper, and you'll get along best if you realize that early on.

Q. — How do you balance partying and studying?

A. — (Rori Harrington) If you're so tired in class that you can't keep your eyes open, you are partying way too hard. If you are getting straight A's and can count your friends on one hand, it's probably time to give yourself a break. You should be able to have fun without dropping a letter grade.

Q. — What are alternatives to the party scene for meeting people?

A. — (Kate Goodloe) Hang out in your lounge during the day. Intramural sports can be a good way to meet people. Gossip in the back of a lecture hall. The teacher might get mad, but you can make good friends. Check out the bands at nearby clubs. The more people that go along, the more fun.

Classroom survival

Q. — What are some tips for adjusting to new professors and teaching styles?

A. — (Ben Malcolmson) It's not that different. Don't overthink everything, and don't try to impress the professor with your English 4 AP knowledge. Teachers and classmates don't care.

Q. — How do you decide which classes to take?

A. — (Ben Malcolmson) Find the best professors and take their classes.

If the professor is good, it won't matter what the subject material is.

Q. — What are the best ways to manage your time and stay on top of homework?

A. — (Philip Gray) Do your homework ASAP. If you have an hour after a class, start the assignments you just got. Finish them as soon as you can. If a paper's due at the end of the semester, write it early, then review it before you turn it in.

Campus life

Q. — What's the best way to get to know your campus and new city?

A. — (Lauren Smiley) Get out of your dorm room. Say yes to invitations. College is your time to meet new people and try new things, if for nothing more than the stories afterward.

Q. — Should you join fraternities and sororities?

A. — (Philip Gray) Greek life isn't for everyone. In fact, it isn't for most people. But don't eschew other student organizations.

Q. — What are the best ways to earn money?

A. — (Lauren Smiley) Get a campus job that allows you to study, like the checkout desk at the library or monitoring a computer lab. There's nothing better than getting paid for studying.

Q. — What should you do if you hate your dorm food?

A. — (Kate Goodloe) It took me almost two semesters to learn you can boil water in a microwave. That opened the door to pasta, rice and real macaroni and cheese. (Make sure you use a glass container, not a metal one.)



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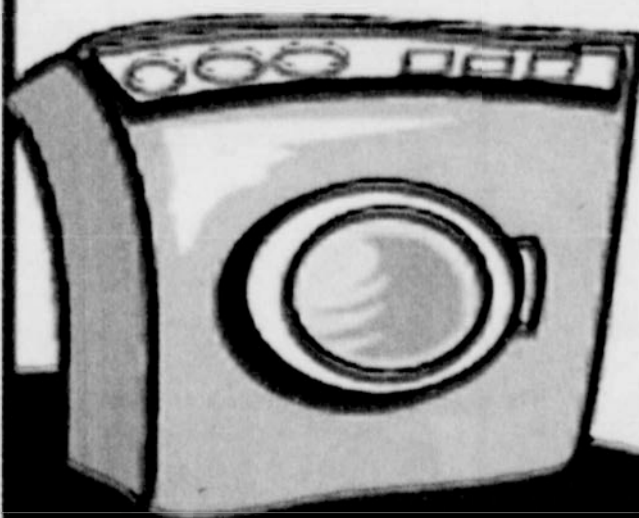
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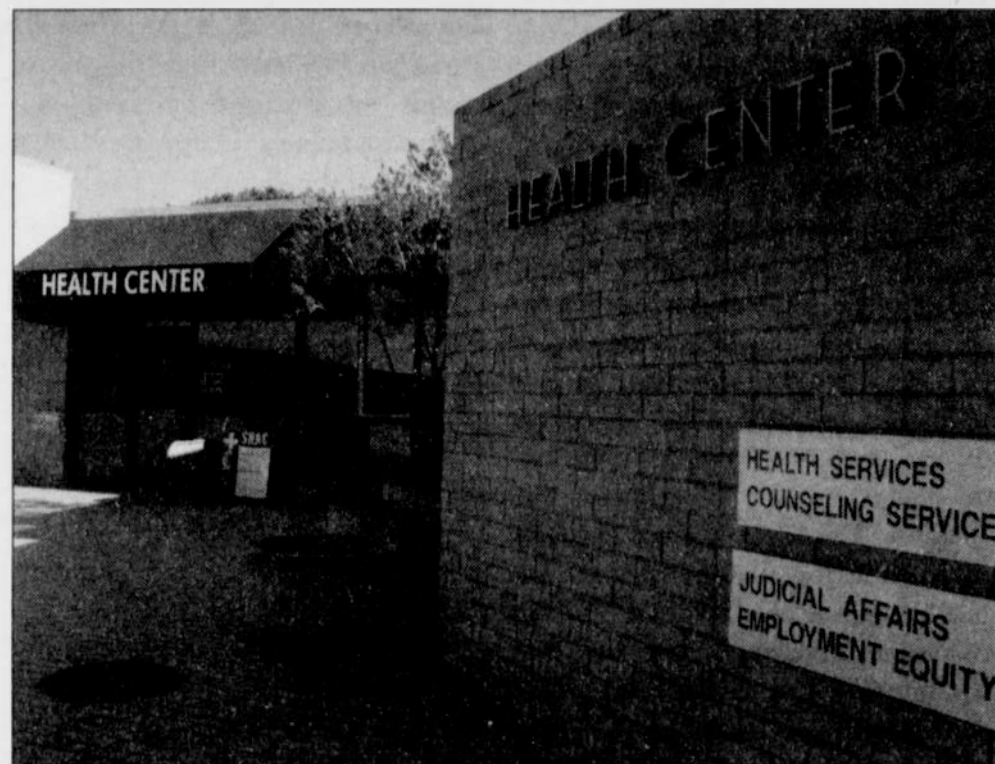
The Student Health Center provides basic healthcare to currently enrolled students with valid student identification; basic healthcare is also available at other CSU campuses for students enrolled at Cal Poly. Routine medical visits, urgent care services, x-ray, routine lab tests, education and counseling services are provided at no cost.

Oral health consultations are available on a limited basis, at no charge and by appointment with Dr. Ryan Ross and Dr. David Lacey. If ordered, a panoramic x-ray is provided at no cost. Both dentists offer discounts to students on further dental care.

Vision screenings are available on a limited basis, by appointment and for \$25 with Dr. Derek Coombs. Coombs offers a student discount on contact fittings.

A specialty clinic in orthopedics is available by appointment. Orthopedic supplies are available at cost and for rent.

The Health Center pharmacy provides prescriptions and over-the-counter items at a cost. Over-the-counter items include tooth-



MATT WECHTER MUSTANG DAILY

The Student Health Center located adjacent to the Recreation Center offers services such as eye exams and prescription fillings.

brushes, contact solutions and acne creams. It is all cash and carry; insurance is not accepted.

"Check your prices with us," pharmacist June Gelling said. "Most of our items are very cost effective."

Individual, couple and small group counseling is available through Counseling Services. Students may discuss issues including homesickness, stress management, depression, roommate issues, dating problems, substance use, anxiety or suicidal feelings.

Cal Poly supports three peer health education teams; a nutrition team, a thoughtful lifestyle choices team and an education resources on sexuality team. Students work with students promoting healthy behaviors, providing consultations and giving presentations.

The Health Center is open Monday through Friday from 8 a.m. to 4:30 p.m. except for Wednesdays during the academic year when Health Services opens at 9 a.m. Appointments are recom-

see Health, page 37

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Health

continued from page 36

mended as wait times for the walk-in clinic range from 30 minutes to one hour.

For medical treatment referrals, emergencies, hospitalizations and after-hour care, students will need supplemental health care insurance. For information on a policy available to CSU students, contact health services for a brochure.

All new students born before Jan. 1, 1957, are required to present proof of immunization against measles and rubella. New students who are 18 years of age or younger are required to show proof of hepatitis B vaccinations. Vaccinations are available at the Health Center at a cost. Students who do not show proof of required vaccinations may have a hold placed on registration.

All records and visits to the Health Center are considered confidential.

Other than members of Health and Counseling Service staff, no person or agency may receive information about a patient without the written consent of the student.

There are currently five physicians, 10 nurse practitioners, three lab technicians, one x-ray technician and one full-time and one part-time pharmacist on staff in the Health Services. In Counseling Services there are four counselors and two doctoral interns on staff. The Health Center provides care to approximately 200 to 300 students each day.

"We are very, very busy during midterms when students have worn themselves out," said Rojean York-Dominguez, director of health education. "Last year we saw a lot of students with mono."

The horror of move-in day

Erin Gaetz

CAVALIER DAILY (U.VIRGINIA)

CHARLOTTESVILLE, Va. — Here we are in the flip-flops and flat iron (have you checked out what this heat wave mess can do to the hair?) necessary days of August with the start of the fall semester mere weeks away. This seems a smidge early to me, but I'm not complaining. At least exams will be done a bit earlier this year, and I won't have to race home to ensure I beat Santa and the elves to my house in time for Christmas.

The impending arrival of the school year is quite the scary notion, but not because I already can't remember which classes I signed up for in the spring (one of my classes has "sexuality" in the title — I'm sure of it) or because I know that my final registration will surely be blocked for the fifth consecutive semester.

In truth, my fear stems from the anticipation of the most heinous of all tasks — something that has plagued the beginning of each of my previous two college years. Three words. Move-in day. Damn, that's actually more like two-and-a-half words. It's just like move-in day to be difficult — even on paper.

Nothing, with the possible exception of mimes (who creep me out beyond all reason... eek), fills me with as much dread as move-in day. My mother stands by me in this wholeheartedly, telling me that whoever hatched the idea of all first years and on-Grounds housing students moving in on the same day is clearly a sadist. I know my mother and I can't be alone in thinking this because clearly, when you break it down, move-in day is a colossal debacle waiting to happen.

You can count on several constants during the time when students are moving into their apartments (or first year dorms — yum — more on that in a few). One of these so-called constants is incredible heat. I live in

Florida and, particularly after this face-melting summer, consider myself an expert on heat and all things hot. The heat turns people who are normally rational, intelligent and polite into raging Mike Tyson-esque maniacs.

I need no further proof of this than venturing down to the Sno-Cone stand near the beach at about noon. Grown men who, judging from their designer sunglasses and slightly too hip bathing suits, are successful, capa-

b l e adults, regress under the scalding heat to the point of screaming gems at each other such as, "Back off, you son of a bitch! That grape cone is mine! I know you ordered sour apple!" without a hint of humor. However delicious Sno-Cones may be (and believe me, I'm not disputing that they are), this is not an appropriate reaction. The heat is clearly to blame. And if this anger is a product of heat combined with the sale of cone-shaped ice flavored with sugar-laden syrup, you can only imagine what heat combined with traversing stairs with arms full of Yaffa blocks can do.

Irritability intensifies, tempers flare, and before you can regain your composure, you have lost your balance, and you and your Yaffa blocks are splayed awkwardly on the asphalt parking lot which, by the way, is extremely hot.

Another constant in the grand tradition of move-in day is strained parent-child relationships. This is particularly true for girls, as we generally cannot participate in the heavy lifting and must therefore count on our fathers (most of whom will not be entering national Strongman competitions any time soon) to schlepp our

precious possessions up the stairs.

I personally am rather unforgiving when it comes to my belongings and run after my poor father, who is by this time exhausted, irritable (heat, anyone?), and covered with packing peanuts, screaming, "Dad! Can you hoist that a little higher? It's getting dirt on it! Do you know how hard it would be to replace seersucker bed linens?" By the end of the tirade, my dad generally looks as if he'd like to strangle me with seersucker and call it

a day. But he presses on, dutifully carrying each and every box up the stairs. My hero.

If fathers dominate the process of moving the boxes, mothers flex their muscles when it comes to the organization of the room. My mother and I are forever at odds over this stage of the move-in process, as I consider "organization" the dirtiest 12-letter word in the English language (what, is the word "grandmothers" going to give it a run for its money?) and would be perfectly content with leaving everything in boxes.

Moms, however, have other ideas. They want you to put your pillows in particular spots on the bed. Your posters must be STRAIGHT because God forbid your "Periodic Table of

Drinks" poster has anything but the utmost aesthetic integrity. At this junction of the move-in process, you are missing Dad. At least he understands that socks do not need to be color coordinated and sorted by texture.

Of course, the sense of anxiety felt on move-in day intensifies by a factor of 100 if you are a first year. Not only are you coping with the heat and your (probably sobbing) parents, you are on a desperate quest to appear cool to your new roommate. This is tough going, as you must casually mention what an ultra-hot, confident, notorious partier you are while carefully arranging your collection of stuffed animals — all with ridiculous names like "Teddy Bettie" which tend to contradict your party animal rep.

Parents do not tend to cooperate in this quest for coolness, frequently saying things like, "Where are you going to want these Q-tips? They've got to be in a good place so you'll remember to clean out your ears. You know how waxy they can get, don't you Sugar Pie?" Before you know it, you're not the kid everyone wants to explore Rugby Road with, but rather are tagged with the nickname "Waxy." But hey, buck up — you only have three more move-in days left in your college career. And, if you need another reason to be happy, consider this — at least you're not a creepy mime. That alone, my friend, is worth celebrating.

Nothing, with the possible exception of mimes, fills me with as much dread as move-in day.

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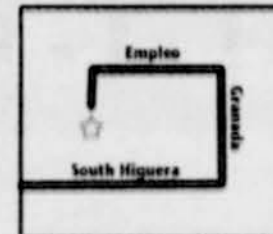


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The myths of college life

Jennifer Green

KALEIDOSCOPE (U. ALABAMA-BIRMINGHAM)

BIRMINGHAM, Ala. — Welcome back everyone. In the case of you freshmen, welcome to college. How long you all must have been waiting to get here. Believe it or not, I've been waiting for you to get here myself... roughly half of you anyways.

Those of you newcomers lacking the Y chromosome provide an aesthetic quality to campus unparalleled by even the finest of sculptures and shrubbery that surround us. Because of the selfless landscaping contributions made by those freshmen deficient of the Y chromosome, I feel it my duty to give a small something back to your entire class.

I've compiled a short list of college myths, followed by realities to help guide you in your journey.

Without delay...

Myth No. 1

That vacant room on floor whatever of your dorm is haunted because some heartbroken coed slit her wrists in there back in the 1950s. This whopper exists on every reputable campus nationwide and is gobbled up by every freshman who's gullible enough to believe it;

then passed on by every junior pathetic enough to sign up for yet a third year of living in the dorms.

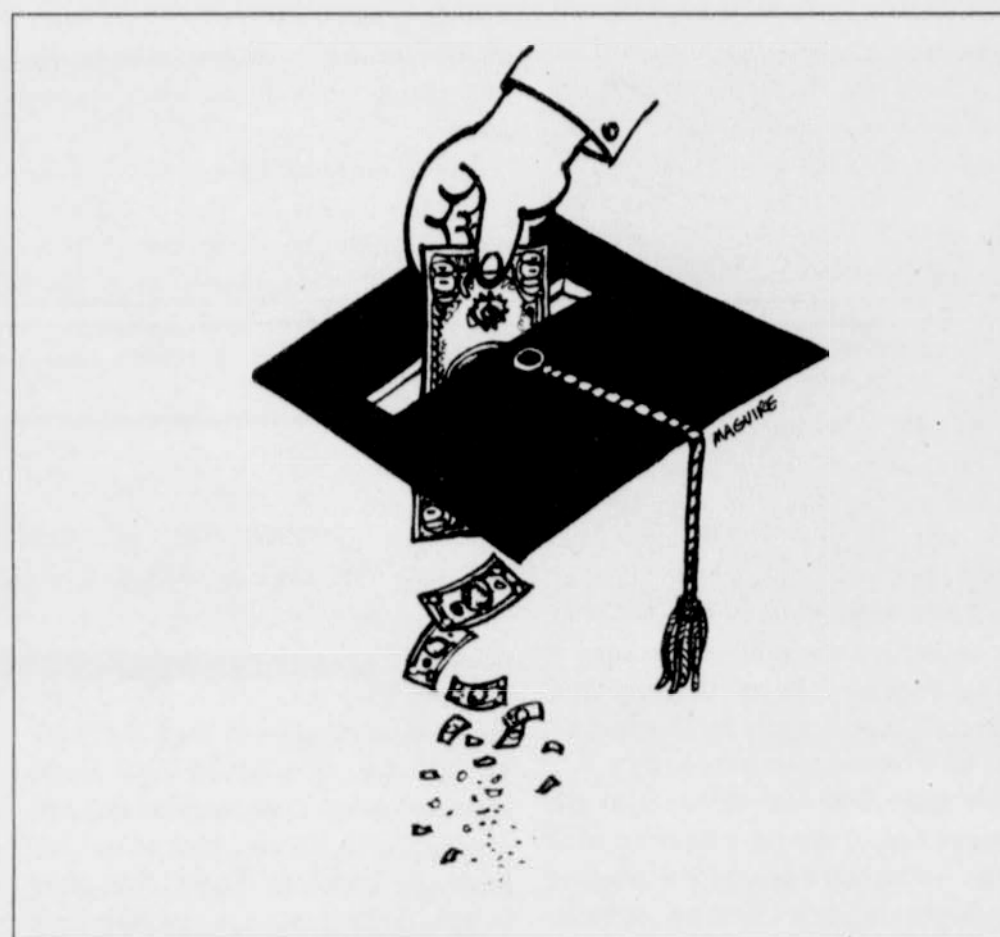
In reality, that dorm room is vacant due to the structural design of your building. The engineers could not remove all of the asbestos from behind its walls. University officials, scared to mention that there's even a trace of the dirty stuff in your hall, keep the room locked and slip rumors of a haunting.

Those screechy cries heard late into the night are not coming from the "haunted" room. They're coming from the room of the former high school Joe Jock who's dreams of starting at running back for UAB were quickly squashed by the first 265-pound "manimal" that compromised his bone structure during tryouts.

Myth No. 2

In the event that a Dart bus hits you, you get a 4.0 for the semester. If you don't know what a Dart is, it's a bus you can ride around campus that looks like a trolley car. Inevitably, someone is going to tell you that getting hit by one of them will lead to you being able to bargain a 4.0 for the semester in return for your silence.

In reality, you'll be waking up



BARRIE MAGUIRE NEWSART

most mornings only feeling like you've been hit by a Dart bus. Thank select upperclassmen for these mornings. Their friend making method consists of buying and distributing bottles of cheap vodka to people like you. Further, they will try to convince you that their way of life is THE way of life. If you

want to end up drunk, fat, lonely, a fixture of multiple online chat rooms and two years behind schedule for graduation, listen to their every word.

Myth No. 3

These will be the best years of your life. In the movies, you go to

college, make lifelong friends, meet your significant other, graduate, then the both of you land stellar jobs.

In reality, for those of you not born into vast sums of wealth, for the next four years, you are barely going to be able to pay your rent. Your 1982 Volvo is going to break down at the worst of times. You're going to be eating just barely better than a stray dog does. You're going to leave here with as much debt as someone who just bought a brand new Corvette, sans the Vette. Your first job won't even require that you have a degree.

The best years of your life will be when you come back to your alma mater and see how much of a better place it has evolved into since your stint here. Your best years will be when you're watching ESPN and you see UAB pull an upset over some SEC school your idiot boss with a Napoleon complex went to. It will invigorate you. It will make you determined to come back to your roots and make a home game, no matter how many miles of travel that may require of you. You'll get here and take a good look at the young brooding freshmen, short of a Y chromosome. You'll crack a smile, remembering that you used to chase after a pack just like them. You'll feel at home.

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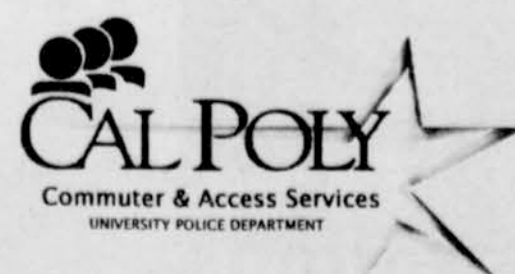
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Wisdom for campus survival

Jim McCormick

THE DAILY COUGAR (U. HOUSTON)

HOUSTON — Tuesday marks the beginning of my penultimate semester as a student at the University of Houston. During the last three years, I've had many adventures with the various elements of the university bureaucracy, most notably the Department of Residential Life and Housing, and I'm well qualified to impart some of the wisdom I've gained in the three years of my life as a campus resident.

There's never enough room. This is something you've got to get used to because it's a part of dorm life everywhere. Most of the furniture is quite old, and I'd recommend getting your own office chair to replace the rather uncomfortable ones supplied in the room. In fact, if you're a resident, most of your furniture is in bad shape, as you've probably already noticed. The more of it you can replace, the better off you'll be. However, remember that it's not OK to throw your desk out of your third floor window and burn it, as I suggested a couple of years ago.

Things will break quite frequently. A fuse will blow any time you try to watch television, work on your computer and use the microwave at the same time. Your room's sink will probably leak, and you're quite lucky if both Ethernet ports work without a call to maintenance. Make sure you have their number on speed dial on your cell phone, as

you'll need it quite frequently.

Another phone number to keep on speed dial is your hall's front desk. These people will have a key in the event you and your roommate lock yourselves out of your room at 2 a.m. following a huge party down the hall or a rather messy break-up with your significant other. On a related note, don't get into any kind of trouble involving RLH because their disciplinary system isn't fun — I can tell you that from experience. Of course, if you do find yourself in that situation, forming a professional relationship with Sandy Coltharp, the associate director of RLH, beforehand will come in handy. She's a good person and is there to help students.

I also recommend at least attending Residence Halls Association meetings — those can be quite informative. I have, on several occasions, gotten useful information at the meetings regarding various things like food service, maintenance issues and study space closures. In fact, get yourself on a committee or two; the officers don't bite.

If you don't have a vehicle, make sure you've got friends who do. Never underestimate the ability of a 2 a.m. run to House of Pies to lift your spirits after a chemistry test, or the sudden and unforeseen need to go to Wal-Mart to pick up a few necessities. Both have hit me on various occasions, and knowing which

friends have vehicles can come in handy. Alternatively, try getting a full copy of Metro's bus schedule and route map. Despite what your impressions of mass transit in Houston may be, service inside the loop is fairly complete.

Another person to find is someone who knows how to fix computers. While Technical Support Services can help you until 8 p.m., most of your computer problems will mysteriously happen after that time. In addition, the residence network is riddled with viruses, worms, Trojan horses and spyware. You don't want to know how it happened, but make sure you've got a good firewall, virus scanner and anti-spyware software. Also, using Mozilla Firefox as your Internet browser is a must, as your computer will only remain under your control for a short time if you even open Microsoft Internet Explorer. I'd suggest avoiding any Microsoft software, but that's another column entirely.

Under 21 and bored

Nick Hoover

MUSTANG DAILY

If you're under 21, or think the bars aren't the place that you want to be seen, then here is the guide for you: The minor's guide to SLO living.

During the school year, there are plenty of things to do if you are bored.

Sports

Cal Poly has a full array of Division I sports. In the fall, you can catch a free football game if you are a student, or watch the volleyball team spike the ball at a match in Mott Gym. Later in the year, catch a baseball or softball game (or sometimes both) in the new sports complex. One way or another, you have no excuse. There is plenty of athletic action to be found, so stop wasting away in your dorm room watching ESPN.

Friendly competition

So Johnny across the hall thinks

he has a mean game of 8-ball? First step: make him play 9-ball to take him out of his comfort zone, and secondly show him what real competition is at the bottom of the University Union. Open late on the weekends, this is the place to be for billiards, bowling and the ever famous Dance Dance Revolution video game. Special pricing for students, and on Saturday nights you can find a few students bowling their worries away to a disco ball, black lights and some funky music during cosmic bowling. Be sure to bring your "A" game.

People watching

You might not be able to get into the bars, but you can definitely watch the people who do. Find yourself a nice bench, get a waffle cone from Cold Stone Creamery on Higuera Street, and prepare to see every walk of life. Downtown SLO has plenty of benches for you to catch a glimpse of the action. You can catch some good bands if you see Under 21, page 39

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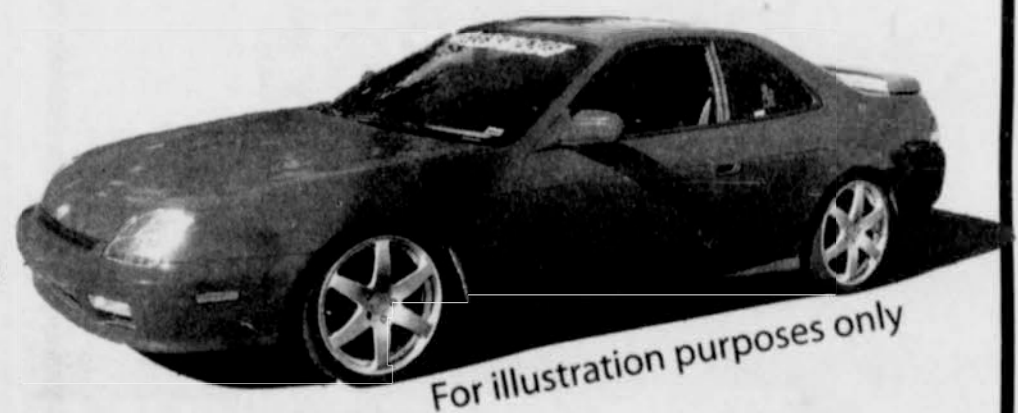
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Under 21

continued from page 38

situate yourself in front of Frog and Peach, or you can watch some sketchy dance moves if you get the bench right in front of Mother's Tavern. Watch out though, there's plenty of competition for bench real estate, so get there early.

Couch plus truck equals drive-in

It is a blast from the past. SLO's drive-in is the way to see a movie. Located adjacent to U.S. Highway 101 on Elks Lane, the drive-in is a cheap solution to an age-old problem: What are you doing tonight?

Bring a loveseat, your significant other and some candy and you're set for an evening full of entertainment.

To the hills

There are so many places to hike, we can't even list them all. We'll get you pointed in the right direction though. Check out Poly Canyon first. Located on Poly Canyon Road, which starts at the base of the Cerro Vista Apartment Complex, the Canyon is full of wide-open spaces. Be sure to get on a marked trail, and read any postings at the end of the road. Another favorite is Bishop Peak. The best place to park is where the city ends on Foothill Boulevard. The hike isn't too difficult, and the views of the city are

breathtaking. If you go in the evening, provide yourself enough time to get down the mountain while it is still light outside. Finally, if you want to venture elsewhere in the county, try out Montano de Oro in Los Osos. The ranger's station has guides on the best trails. If you're looking for a place to take that special person of yours, you might try the Bluff Trail. It overlooks Spooner's cove, does not require any uphill hiking and it's got plenty of spots to take a break and enjoy the views.

Gleaming the cube

Check out the skate parks situated throughout the county. Morro Bay's skate park is right next to Morro Rock, and overlooks the ocean. It has plenty of rails to grind, ramps and a halfpipe. If you're looking for an empty swimming pool, don't worry: Grover Beach has your order filled, no pun intended. Other cities in the area with skateparks are Cambria, Paso Robles, Templeton and one is being built in Los Osos.

Pirates of the Kayak

Johnny Depp might not be there,

but if you close your eyes you might be able to imagine it. Kayaking is a great way to spend your weekend. Morro Bay has several kayak rental shops along the embarcadero to get you set up. During high tide, you can cruise all the way back in to Baywood Park to check out wildlife and beautiful scenery. If you get bored paddling away, you can beach your Black Pearl-esque craft on the sand spit between the ocean and the bay. Look closely, if you search long enough you can find some neat artifacts from when soldiers were trained for World War II beachfront assault. Be careful though, don't get stuck in the mud when the tide goes out. And while it may seem like a great idea to battle the crashing waves, Morro Bay's harbor is rated one of the most difficult to navigate through. Be smart. Keep your kayak and yourself in the bay, and not in the ocean.

You too can be Napoleon Dynamite's grandmother

Just don't hurt yourself like she did. Quads, sand rails and a lot of lifted trucks make their way out on the Oceano Dunes every year. If you are looking for something to

do, head out to the beach on U.S. Highway 1 for some fun times with 25 horsepower between your legs. There are many companies to rent ATVs from, and if you want to go for the long haul, you can camp overnight with the gentle sound of the ocean filling your ears. If you've got your own machine, make sure it has a flag on it to avoid getting popped by the park rangers. If you do not want to fly over the dunes, you can always drive along the beach in your car too.

Bike night

Get your Huffly aired up, because if you want to cruise downtown with hundreds of other bicyclists, you'll need to be ready. After Farmers' Market on Thursday nights, bicyclists hit the streets with headlights and various noise-making devices. The event starts at the Mission Plaza. Make sure you have a headlight, it's the law, and the police are out on bicycles to make sure safety remains top priority. So, if you're looking for something to do on Thursday night, take your bike to Farmer's, grab a barbecued turkey leg and ride in style downtown.

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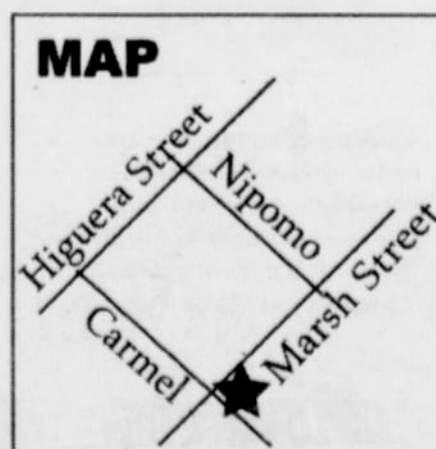


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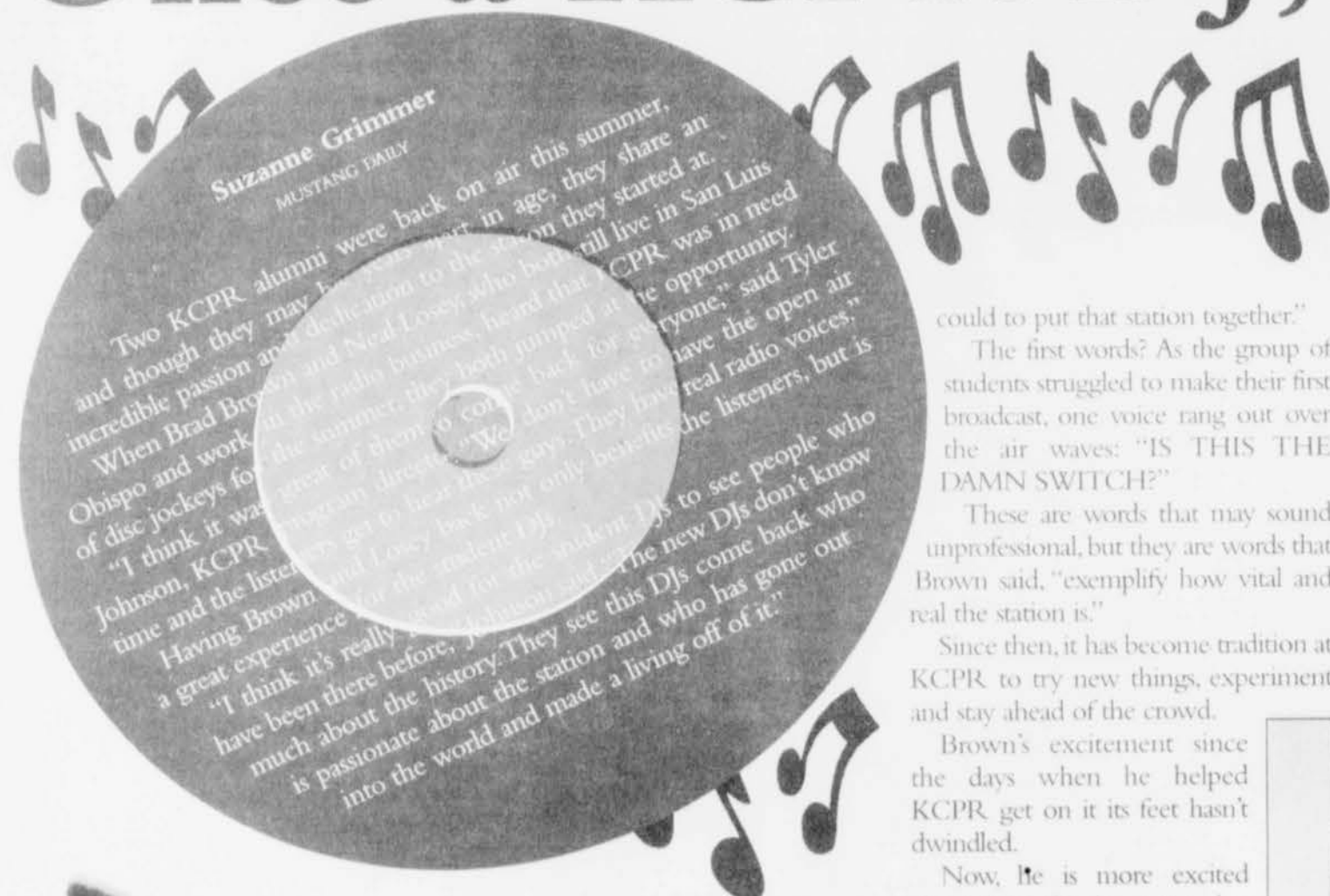
Dance

INSIDE

- The original KCPR DJs back on the mic
- Behind UU walls
- Party on, minor style
- Local music scene
- Park and watch at the drive-in

BOWLING

Once a KCPR DJ, always a DJ



Two KCPR alumni were back on air this summer, and though they may have grown up in age, they share an incredible passion and dedication to the station they started at. When Brad Brown and Neal Loney, who both still live in San Luis Obispo and work in the radio business, heard that KCPR was in need of disc jockeys for the summer, they both jumped at the opportunity. "I think it was a great idea to come back for everyone," said Tyler Johnson, KCPR's program director. "We don't have to have the open air time and the listener to get to hear these guys. They have real radio voices." Having Brown and Loney back not only benefits the listeners, but is a great experience for the student DJs. "I think it's really good for the student DJs to see people who have been there before," Johnson said. "The new DJs don't know much about the history. They see this DJs come back who is passionate about the station and who has gone out into the world and made a living off of it."

In the beginning...

It's been 37 years since Brown was in the KCPR studio to hear the first words broadcasted. But time has only served to increase his love for the station.

Brown stumbled upon this passion for radio in his first days at Cal Poly when he accidentally wandered into the KCPR studio.

"I was there the moment KCPR first went on air," Brown said, "and I'll tell you, it was a traditional bailing wire kind of thing. Those guys used whatever they

could to put that station together."

The first words? As the group of students struggled to make their first broadcast, one voice rang out over the air waves: "IS THIS THE DAMN SWITCH?"

These are words that may sound unprofessional, but they are words that Brown said, "exemplify how vital and real the station is."

Since then, it has become tradition at KCPR to try new things, experiment and stay ahead of the crowd.

Brown's excitement since the days when he helped KCPR get on its feet hasn't dwindled.

Now, he is more excited about how far the station has come.

"That station was put together by a bunch of engineers who got together and made it happen. They put the backbone into KCPR," Brown said. "But the people since have put on the flesh."

With many radio stations now run by large companies, KCPR remains one of the only local independent sta-

see KCPR, page 44



MATT WECHTER
MUSTANG DAILY

Above, a KCPR DJ prepares for his show in the main studio. Left, KCPR is strictly run by student volunteers.



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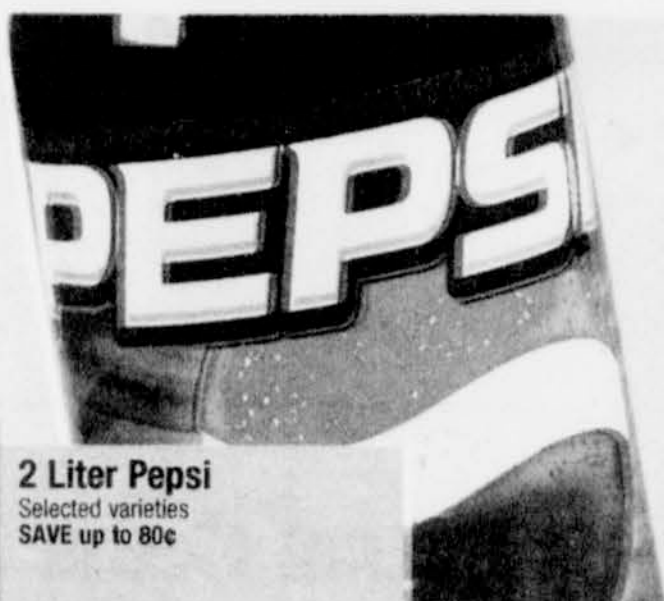
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**Safeway SELECT
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5⁹⁹
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CLUB PRICE



10^{FOR} 10^{ITEMS}
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10 FOR \$10
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FREE
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FREE
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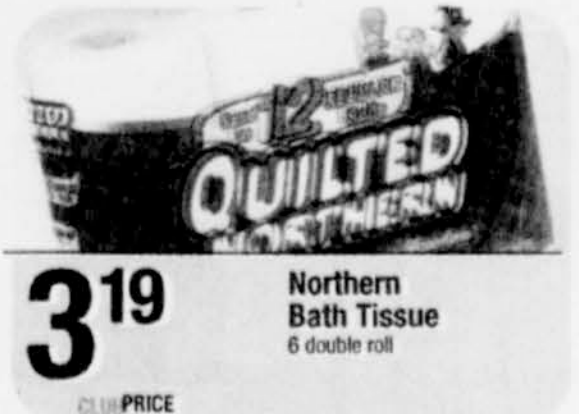


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KCPR

continued from page 42

tions. This remains one of its greatest strengths, Brown said.

"(KCPR) doesn't get caught up in what the record companies want. Stations that do have to play it safe and stick to what they know works," he said, "but what KCPR is best at is breaking ground. It busts out new formats, music and personalities all the time."

In staying ahead of popular culture, however, the station has encountered obstacles. For one, a huge chunk of the community still doesn't know about the station or has a hard time giving it a chance.

"I think the community overlooks the value of the station," Brown said. "Everyone should listen in so that they can broaden their horizons. People should find a way to support this because lower power, independent stations are so hard to find."

More than a station, it's a lifestyle

For Neal Losey, KCPR was more than just a college hobby. It helped him realize his love of music could turn into something he would enjoy doing for the rest of his life.

Starting at Cal Poly in 1985 as a history major, it was four years before he learned KCPR DJs didn't have to be journalism majors. Losey quickly immersed himself. While most DJs start

with one show their first quarter on air, he did seven.

"I almost switched majors just so I could do it," Losey said. "It ended up being the best part of college for me by a long shot."

One of his favorite parts of being involved with the station was the friendships he gained.

One of the closest friendships Losey formed was with Patty Mena, who is now his wife. When he started as a DJ, Losey said, she was his trainer and day by day they formed a tight bond.

"We just had a connection. We clicked," Mena said. "It was good because we didn't have to date to get to know each other. I was assigned to him, so it pretty much let us skip all the awk-

wardness."

Losey later proposed to Mena on top of the World Trade Center in front of their DJ friends at a music convention in 1993. Mena also was a DJ this summer on KCPR.

Now the music director for KCBX 90.1 FM, Losey recently realized that his love for KCPR was no shock. As a child, he would bring in record albums for show-and-tell. In high school, he would constantly try to find new music that his friends might like and play it for them.

"And it just felt so natural for me to get involved," Losey said. "I didn't come to Cal Poly for the degree. I came because I wanted to learn, and at some point I realized what I was doing at

KCPR is what I always want to do."

The station, however, was not just a way for Losey to get from one point in life to the next. The station, which is all student and volunteer-run, is something he feels is rare and valuable.

"I love that station so much and what it stands for. It's student-run by volunteers who are passionate," he said. "No other stations that are as local and as live as they are."

And Losey's devotion has never ceased. After graduating in 1993, he stayed on to DJ until 1996 and has since continued to offer his service each year for voice training and other behind-the-scene positions.

For details on how to become a DJ, visit www.kcpr.org or call 756-5277.

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Suzanne Grimmer
MUSTANG DAILY

New student or not, it is easy to walk through the McPhee University Union not knowing what it truly offers.

Sure, the UU can come off as just a building full of offices and tables for studying, but upon a closer look one can find countless opportunities to get involved with the campus and community.

Here's a peak at what's behind Cal Poly's UU walls:



FILE PHOTO

At the McPhee University Union, Cal Poly students can get involved in the community, study, eat and even nap between classes.

Poly Escapes

For students who enjoy the outdoors, Poly Escapes may be a haven.

Located downstairs in the UU, it is a student-run program funded by ASI that offers cheap rentals of athletic gear and weekly trips led by trained student volunteers.

"It's a great way to get out on the weekends and meet a lot of new people you wouldn't meet otherwise," nutrition sophomore Kelley Colditz said.

Each Tuesday at 7 p.m., students meet in UU room 220 to learn about future trips and see slideshows of past trips. Since it is school-funded, there are no quarterly fees for participating.

After the free barbecue kick-off on Sept. 24, trips will include activities such as beginner rock climbing, kayaking, caving, surfing, mountaineering, backpacking, first-aid

training and more.

"You have opportunities to go places you won't really have the chance to go once you're old and out of college," Colditz said. "And (it's) all in a non-threatening atmosphere where the leaders are welcoming."

For more about Poly Escapes or a schedule of trips, call 756-1287 or visit www.asi.calpoly.edu/uu/polyescapes.

Arts and Crafts Center

Whether you want free crafts or want to learn how to make your own, the Arts and Crafts Center offers a variety of ways to get rid of your bottled up creativity.

The Arts and Crafts Center, located downstairs in the UU and funded by ASI, offers classes starting the third

week of the quarter in a variety of disciplines, including: ceramics, surfboard shaping, jewelry smithing and casting, bike repair, stain glass, flame working, woodshop and photography. Classes are two hours a week for six weeks.

If one already has experience with the arts, however, they can pay a fee to use studio space.

A free craft class such as basket weaving, hemp necklace-making or candle-making is offered every other Friday starting the first week of the quarter from 1 to 4 p.m.

"This is a fantastic place to make gifts for people and learn new hobbies while meeting really great people," said Jenny Gaunt, an industrial

see UU, page 47

Age ain't nothing but a number

Not 21? Don't waste money on a fake ID, just get your party on minor-style

Jennifer Gongaware
MUSTANG DAILY

Bars and nightclubs are always a great part of college for many people.

But for minors, it may feel like an eternity before they can get in on all the fun.

Have no fear because dance clubs for the 18 and over do exist in San Luis Obispo.

DJ Mel from SLY 96 (KSLY 96.1 FM) spins hip-hop and Top 40 at SLO Brew from 9 p.m. to close on Mondays. The "5-foot Filipino" is known to turn it out each week.

He recently spun for a crowd of nearly 900 in Los Angeles and can be heard on the radio promoting events and scratching at the end of his sets.

"He's the first DJ to break out turntables here," said Taylor Stevens, event and promotion coordinator for SLY 96. "He pioneered the DJ scene."

Tuesdays, however, look pretty grim for the 18 and over crowd unless SLO Brew hosts an all ages live-music concert, which they are known to do occasionally.

Wednesdays, on the other hand, provide more options. The most popular night is "College Hump

Night" at The Graduate. An \$8 cover will get minors in for a night of hip-hop and dance music from 9 p.m. to 2 a.m.

"It's the busiest night of the week," manager Rich Simoneau said. "A lot of people come out, all ages. It's packed."

Also, Tortilla Flats hosts "Club Out" with DJ Lenny and DJ Kara, who get a "fairly decent turnout," owner Tom Mautin said.

But Thursdays are the best nights for the 18 and over to hit the dance floor. For one, The Graduate hosts a great country night.

But if that's not your style, SLO Brew spins a multitude of hip-hop by DJ Mel. DJ Phase and DJ Storm provide electronic and dance music at both SLO Brew and Tortilla Flats.

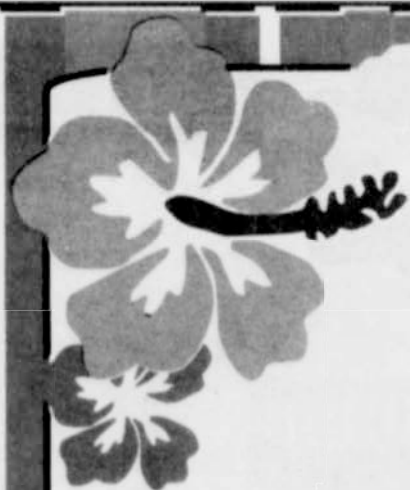
Then it's all ages night on Fridays at The Graduate, which provides Latin music for all those who want to spice it up a bit.

But be warned, the first Friday of every month is "oldies night" dedicated to the 21-and-over crowd at The Graduate.

So if you don't have an I.D., detour to Tortilla Flats for DJ Phase who spins hip-hop Fridays.

The only option Saturdays is The Graduate for a repeat of their Wednesday nights, minus the "Hump."

see Minors, page 47

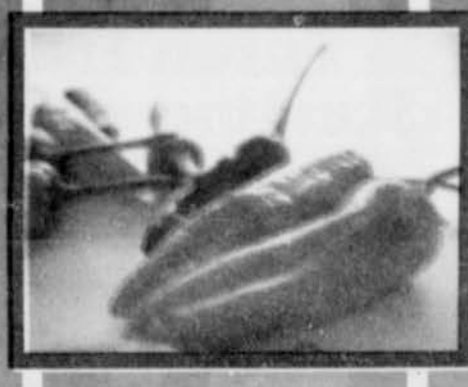
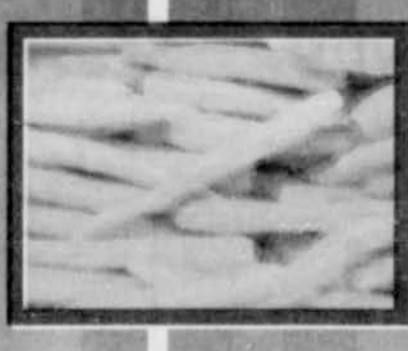


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Joose, fronted by singer/guitarist Sam Sharp, rocks a fusion of hip-hop, bluegrass, soul and rock.

Jennifer Gongaware
MUSTANG DAILY

Though San Luis Obispo is far from a major city like San Francisco and Los Angeles, there are still a lot of great live, local music and national acts that come to the city.

The multitude of genres matches the diversity of students that attend Cal Poly. From reggae, funk, punk, blues and swing, the local music scene has something for everyone.

"Surprisingly the student population has become more progressive and forward thinking when it comes to music genres," said Eddie Burges of

Numbskull Productions.

Numbskull Productions puts on many live music shows in SLO, featuring both local and not-so local bands. With national acts, they have an 80 to 100-percent turnout rate, Burges said.

Venues used by Numbskull Productions are SLO Brew, the Cal Poly Recreation Center and The Graduate.

Of course, there are other shows organized by other groups that generate crowds at various venues such as The Dwelling, Frog and Peach, Mother's Tavern and the Veterans Memorial Building.

SLO music at play

The best way to find out about upcoming concerts is to visit www.pollstar.com or go to the venues Web site.

ASI also hosts concerts for students throughout the year, such as Flogging Molly on October 15 at 8 p.m., local acts during Thursday's UU hour 11 to 12 p.m. and "Pre-Funk Friday Concerts" on the third Friday of every month at 5 p.m.

During Farmers' Market, on Thursday nights beginning at 5:30 p.m., there is usually a local band playing on one of the side streets.

For instance, the band Resignation will be playing at Farmers' Market on November 10 and December 15.

Resignation is a popular local reggae band that has a large Cal Poly student fan base. Most of their music is original, but they also play covers of Bob Marley songs.

Joose is another local band with a large fan base in their hometown of San Luis Obispo thanks to their harmonious blend of hip-hop, bluegrass, soul and rock.

Joose frontman Sam Sharp's signature soul-filled voice sends the crowd into a trance.

A majority of the crowd sings along with Sharp as he sings popular songs such as "Fresno," "The Doctor" and many others.

"I have seen the music scene change a lot since 2001," said event and promotions coordinator Taylor Stevens for SLY 96 (KSLY 96.1 FM). "It has gone from almost nil to not that bad."

Burges also agrees on the progress of the local music scene in San Luis Obispo.

"The local scene is better now than it's ever been," Burges said. "Some bands are even getting label attention."

Many mainstream acts are also brought to San Luis Obispo through various sources. OAR, Jack Johnson, Long Beach All Stars, Papa Roach and Living Legends have all performed here.

"When we bring the music most people are pretty sup-

portive," Burges said.

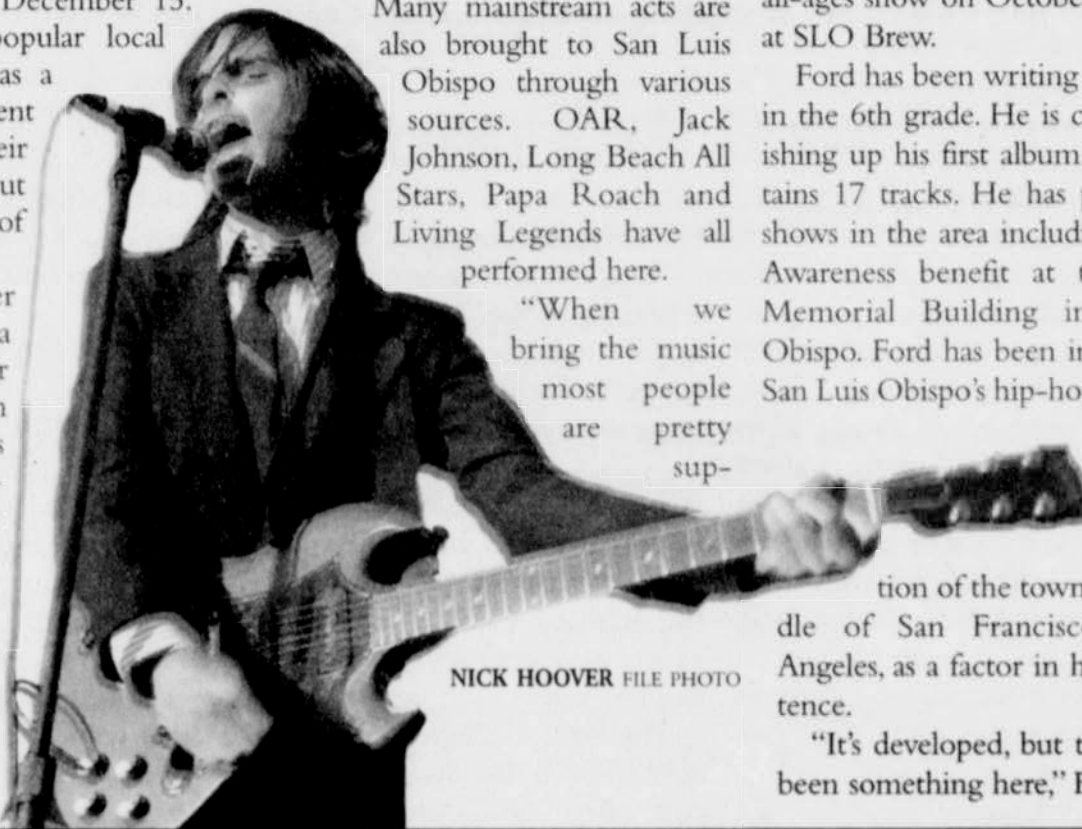
Some upcoming shows include the punk group Expendables on Oct. 5 at 8 p.m. at SLO Brew and for all ages. The hip-hop group People Under the Stairs make it to SLO Brew on October 13 at 8 p.m., which also an all-ages show. Tickets can be purchased at Boo Boo Records.

"As far as the students go, we really try to cater to them," Burges said. "We strive to be appealing to them and what they want."

Rich "Intellect Conduit" Ford, 23, a Cal Poly animal science student, will be the opening act for the Alkoholiks all-ages show on October 4 at 8 p.m. at SLO Brew.

Ford has been writing since he was in the 6th grade. He is currently finishing up his first album which contains 17 tracks. He has played many shows in the area including an AIDS Awareness benefit at the Veterans Memorial Building in San Luis Obispo. Ford has been involved with San Luis Obispo's hip-hop scene since he moved to the area and sees the location of the town, in the middle of San Francisco and Los Angeles, as a factor in hip-hop existence.

"It's developed, but there's always been something here," Ford said.



NICK HOOVER FILE PHOTO

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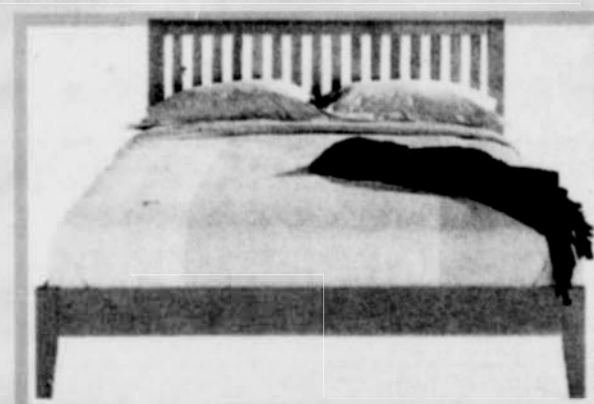
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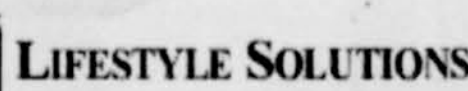
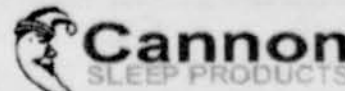
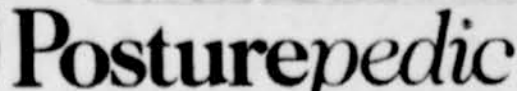
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UU

continued from page 45

engineering student and Crafts Center employee.

The center also offers cheap ways for students to support their clubs and causes by offering large poster paper for 25 cents per foot and a poster decoration area.

"If you want to make anything, you can probably do it here. I've seen some interesting stuff made like a bed frame, a guitar and a Dance Dance Revolution pad," Gaunt said. "Don't ask me how they did that."

Gaunt also finds the Arts and Crafts Center to be a place of comfort and rest.

"It is just really, really relaxed in here. It's a very creative environment," Gaunt said. "When I have tests and I'm stressing out, I just come in here. It's a good outlet."

For a schedule of classes, call 756-1266 or visit www.asi.calpoly.edu.

Student Community Services

Student Community Services is located in UU room 217.

Community Services provides a variety of programs where students can volunteer and make a difference in the community. For instance, a student can volunteer to be a buddy for a mentally disabled adult, help at a local animal shelters, homeless shelters or mentor teenagers in juvenile hall and more.

"It's a great bonding experience," said Harmony Quismundo-Newman, an animal science senior and student coordinator for Student Community Services. "No matter where you're from, new places like college seem huge and getting involved gives a sense of belonging."

On Oct. 22, Student Community Services will be heading up "Make a Difference Day," a national day of service that gives students and members of the community the chance to volunteer for a variety of programs for four hours. Student Community Services will provide

breakfast and lunch will be provided by individual programs.

For details, call Quismundo-Newman at 756-5120 or e-mail her at hquimun@calpoly.edu.

For more information about any activity or a schedule of events, call 756-5834 or go to www.service.calpoly.edu.

Insomniac Video

Insomniac Video adds a unique aspect to the UU and is one of only two locally-owned businesses on campus.

"We have some of the cheapest prices and best selection for buying and renting movies," owner Lisa Roberts said. "One of the reasons Cal Poly asked us to come here was

providing movies that will enhance the knowledge learned in classes at Cal Poly. Many teachers give extra credit for watching certain movies there or even request that certain movies be provided to make it easier for students to view," Roberts said.

Throughout the year, the store offers weekly specials and deals for students. "Two for Tuesdays" offers two movie rentals every Tuesday for the price of one. "Mystery Monday" is also a weekly deal where a whole section of movies is picked to be \$1 rentals. The catch: sections are a mystery until Monday morning.

Mustang Express

Mustang Express, downstairs in the UU, offers UPS shipping as well as many other services including computer printing, binding for reports, digital photo printing, faxing, packaging materials, personal P.O. boxes for students, gift-wrap-ping and more.

Bowling Alley

The bowling alley located downstairs offers one-unit classes at the beginner or intermediate level and can be "a great learning experience," said Hasan Mirza, an electrical engineering senior and bowling alley employee.

Many nights of the week, unique deals and experiences are offered. Every Monday at

"Pizza and Bowl," students can have all-you-can-eat pizza and bowling up to 90 minutes of bowling on one lane for \$8.50 from 6 to 8 p.m.

Every Saturday from 6 p.m. to midnight, bowlers are offered cosmic bowling at regular price.

Free bowling has been offered in the past every Thursday night (with the exception of \$1 for shoes). However, it is not yet certain whether this will be offered this school year. For lane reservations or more information, call 756-5523 or visit www.asi.calpoly.edu.

The Multi-Cultural Center, offices for ASI student government and Julian's coffee shop are also in the UU.

because they noticed how broad of a selection we have for being a small store."

As a small store, Insomniac Video has both the luxury of being able to specialize in specific genres while still providing popular blockbuster hits.

"We definitely get a lot of new releases, but our forte is getting really good movies all the way around," Roberts said.

After recently finding out that there will be a new Israeli fraternity in the fall, Roberts ordered a new section of Israeli films upon their request.

The store also concentrates on

University Union

Poly Escapes
 Meetings are Tuesdays at 7 p.m., UU room 220.
 For a schedule of trips, call 756-1267 or visit www.asi.calpoly.edu/polyescapes.

Arts and Crafts Center
 Free unit class offered every other Friday from 11 to 4 p.m.
 For more class schedules, call 756-1266 or visit www.asi.calpoly.edu.

Student Community Services
 "Make a Difference Day" will be Oct. 22.
 For ways to give back to the community, call 756-5120.

Minors

continued from page 45

Sundays also only have one option: "Latin Music Night" at Tortilla Flats with DJ Ike. But from 8 to 9 p.m. salsa and swing lessons are provided. Dancing officially starts at 9 p.m. and ends at 2 a.m.

"I think the 18 and older crowd has a hard time," Mautin said.

"There aren't a lot of options. That's why we have our nights designated to them."

Tortilla Flats has a dress code that is strictly enforced. No tank tops, caps, jackets or anything affiliated with gangs. Also, no "inappropri-

ately revealing" clothing for girls.

"The dress code could be considered casual and appropriate," Mautin said. "It's still flexible and reasonable."

The cover at SLO Brew varies according to the night, but generally costs around \$5. The Graduate cover usually is \$8 for under-21 and \$5 for 21-and-over. The cover at Tortilla Flats varies from \$3 to \$7 depending on the night and activity.

SLO Brew is located at 1119 Garden Street in downtown San Luis Obispo. Tortilla Flats is also downtown at 1051 Nipomo Street.

The Graduate is more out of town off of Broad St. at 990 Industrial Way.

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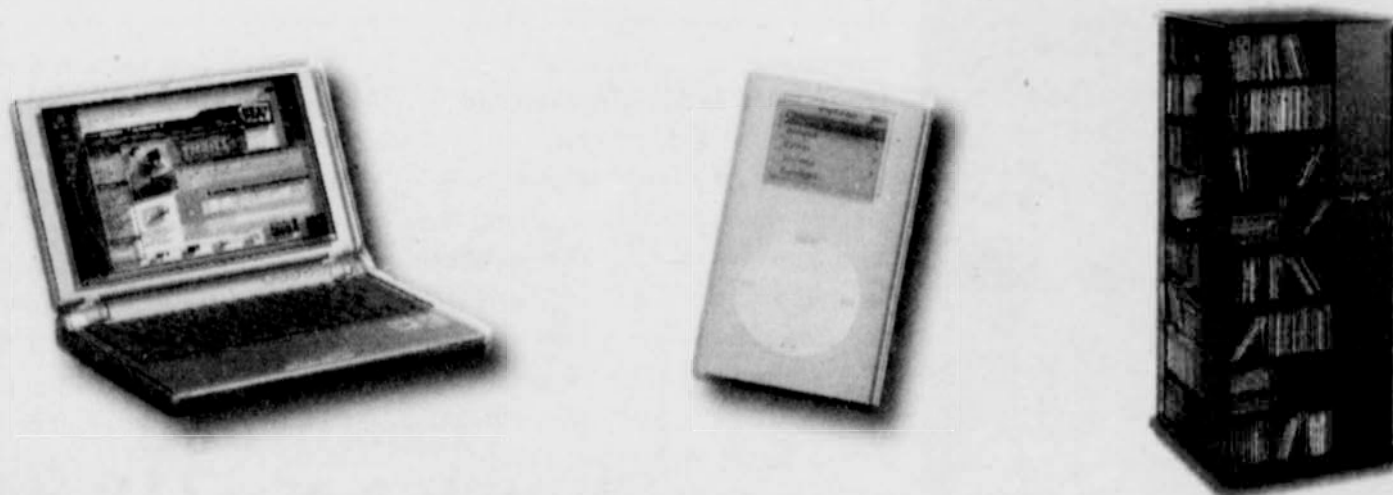
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MAIT WECHTER MUSTANG DAILY

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At the drive-in

Jennifer Gongaware
MUSTANG DAILY

Across from the Madonna Plaza, the large screen shoots up into the sky and the faded red letters of "Sunset" are the usual sight for Highway 101 commuters.

Around 7:30 p.m., as the sun slips behind Madonna Mountain, the headlights of cars can be seen curving around the dirt road leading to the entrance of the drive-in.

Regardless of season, every night the Sunset Drive-In shows a movie at 8 p.m. The movies change weekly and are always first rate.

The drive-in rarely fills its 500-car capacity, but at 7:30 p.m., when the gates open, cars waiting to nab the "perfect space" snake down Elks Lane. Spaces are

aligned in rows away from the screen and are designated by white polls holding speakers to place on the side of cars.

A word of advice: take advantage of the radio station airing the sound of the movie. The speakers are old and do not hang easily on the side of a car or truck.

Arriving early also ensures that you won't have to irritate other movie-goers by driving around with glaring headlights. But if you do happen to fall into this predicament, expect honks and yells.

There are many different seating choices in a drive-in. The best seems to be in a truck with a flatbed or an SUV with a back door that flips up. Many college students unload couches and chairs to lounge in.

Of course, there's always the old fashioned car.

"In a car you can recline the seats," said Katie Cowley, 22, an

agriculture business senior. "But the center console is bad."

There are the normal amount of previews before the start of the movie and this is a great time to get situated in your vehicle. Lay out the blankets, situate the pillows so the metal of the truck or car isn't digging into your back and zip up your hoodies because it is usually pretty chilly after dark.

There are plenty of snacks and refreshments to buy at the snack bar located at the back of the rows of spaces. However, most people take advantage of the fact that it's a drive-in and bring their own food and drinks.

Also, since it is a drive-in, you don't have to worry about disrupting anyone.

"The greatest thing about the drive-in is that you can talk during the movie..."

— LAURA FLOWERS
Cal Poly math senior

"The greatest thing about the drive-in is that you can talk during the movie to your friends," said Laura

Flowers, 22, a math senior.

After the first feature there is a 15 minute break before the start of the second feature. The typical dancing popcorn and sodas appear on the screen and every five minutes a countdown appears until the start of the next movie.

The bathrooms are attached to the snack bar and the lines can be long during the break. The best bet is to hit the row of porta potties lining the road into the drive-in.

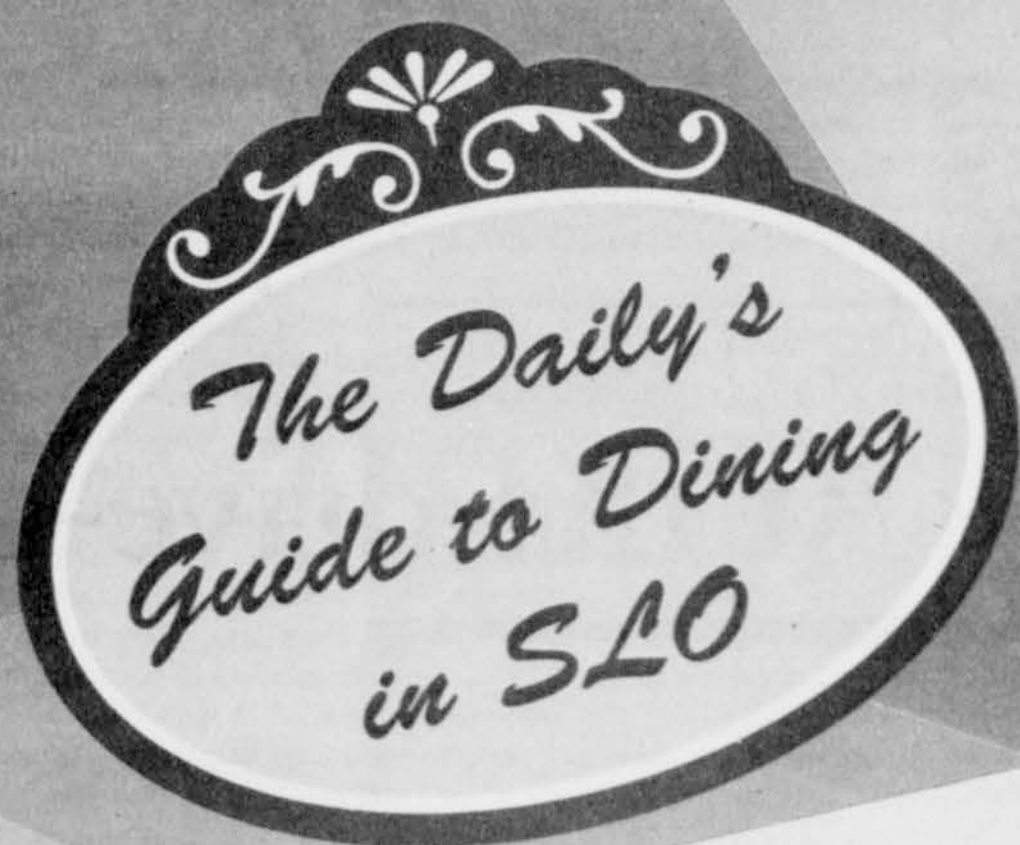
Some people leave before the start of the second feature, but a majority stay to get their money's worth out of the \$6 entrance fee per person. Children 11-and-under are free.

"The cheap price is the best," Cowley said. "And the fact it's an American icon."

Some things to bring to the drive-in include plenty of blankets, pillows, popcorn and other snacks, beverages and a sweatshirt or light jacket.

MUSTANG DAILY SPECIAL WOW EDITION

DINING



Diner

INSIDE

- **Campus meals:**
What's offered?
- **Top delivery options**
- **Best food within
2 miles of campus**
- **Top 5 SLO Restaurants**
- **Commentary:**
No drive-thrus

CAMPUS CHOW

Incoming students will be the first to test the new Garden Grille which replaces the Lighthouse's cafeteria-style dining.

Karen Velie

MUSTANG DAILY

Campus Dining has announced the opening of a new eatery on campus this fall; Garden Grille.

The Light House's cafeteria-style dining is out and restaurant-style

dining is in.

Stark white walls have been painted yellow, pink and purple, while redwood benches and plants now adorn the entire dining room giving it an outdoor ambiance. Trellises and fences have been brought in providing diners with a more secluded restaurant experience.

"We are offering a really upscale menu with large portions," said Claudia Boller, assistant supervisor

at Garden Grille. "We've opened up two sections for large parties."

For meals, students will have a variety of exhibition food stations to choose from where they can watch as their selection is prepared. Menu items include: Tuscan chopped salad, Jamaican prawn salad and Caribbean chicken salad at the salad station; linguini chicken alfredo, spicy Cajun shrimp pasta and linguini and chicken with pesto cream sauce at the pasta station; tandoori wrap and Thai marinade wrap at the wrap station; sandwiches and burgers at the grill and boiler station.

At the comfort food station, chefs select a daily menu that includes carved meats and home cooking chosen to remind students of mom's culinary delights.

"Our pasta station is going to be real popular," said Steve Archuleta, Garden Grille supervisor. "During meal trials it has been the most popular."

The Garden Grille is open Monday through Friday from 11 a.m. to 8 p.m.

The Garden Grille will exist only one year. At the end of this school year, the Garden Grille will close for major renovations and a new restaurant is scheduled to open in the Fall of 2008. The dining options will be similar to



MATT WECHTER MUSTANG DAILY

The newly designed Garden Grille will bring restaurant-style dining to the light house beginning this fall.

those offered at the Garden Grille.

"Through our experience with the Garden Grille, we will know what students want," said Alan Cushman, Campus Dining associate director. "We will be able to plan renovations wisely."

From casual dining to a quick snack on the go, Cal Poly students have a variety of unique dining

Sandwich Factory's prepackaged items.

Looking for a pizza to help you get through another night of studying, BackStage Pizza offers free delivery on campus. Occasional live entertainment, a 40-item salad bar and a variety of drinks makes BackStage Pizza the dining choice of many students.

The Avenue provides students with food court-style dining options. The Avenue features Chick-fil-A, offering chicken sandwiches, nuggets and salads; Tapango's for Mexican entrees including custom made burritos and taco salads; Nathan's Famous Hot

Dogs also offers tri-tip sandwiches and sweet swirls cinnamon rolls; Red Dragon Wok for stir fry including vegetarian options and City Deli for custom-made sandwiches.

see Grill, page 60



MATT WECHTER MUSTANG DAILY

The Avenue is a food court-style dining option that offers Chick-fil-A, Tapango's, Nathan's Famous Hot Dogs, Red Dragon Wok and City Deli.

"We are offering a really upscale menu with large portions. We've opened up two sections for large parties."

— CLAUDIA BOLLER
assistant Garden Grille supervisor

options to choose from.

Start your day at the Sandwich Factory, where you can enjoy breakfast burritos, croissants or waffles. For lunch have a sandwich built to order or try one of the

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ENTREES

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Wilted Swiss Chard, Baby Carrots, Coconut Ginger Carrot Sauce

BRAISED BEEF SHORT RIBS \$16

Parsnip Parmesan Puree, Broccolini, Tangy BBQ Beef Jus

OLD WEST SARSAPARILLA MARINATED PORK CHOP \$16

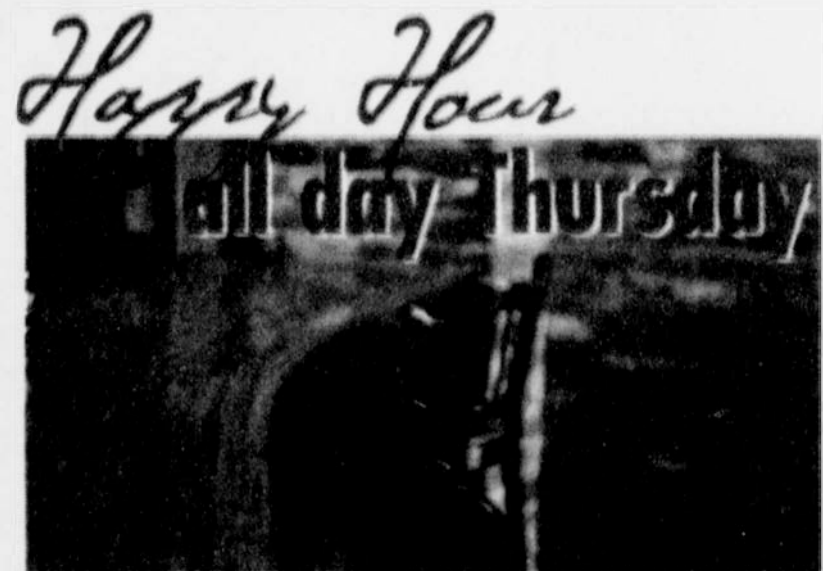
Three Cheese Grits, Asparagus, Sarsaparilla Demi

CAST IRON SKILLET ROASTED LAMB CHOPS \$19

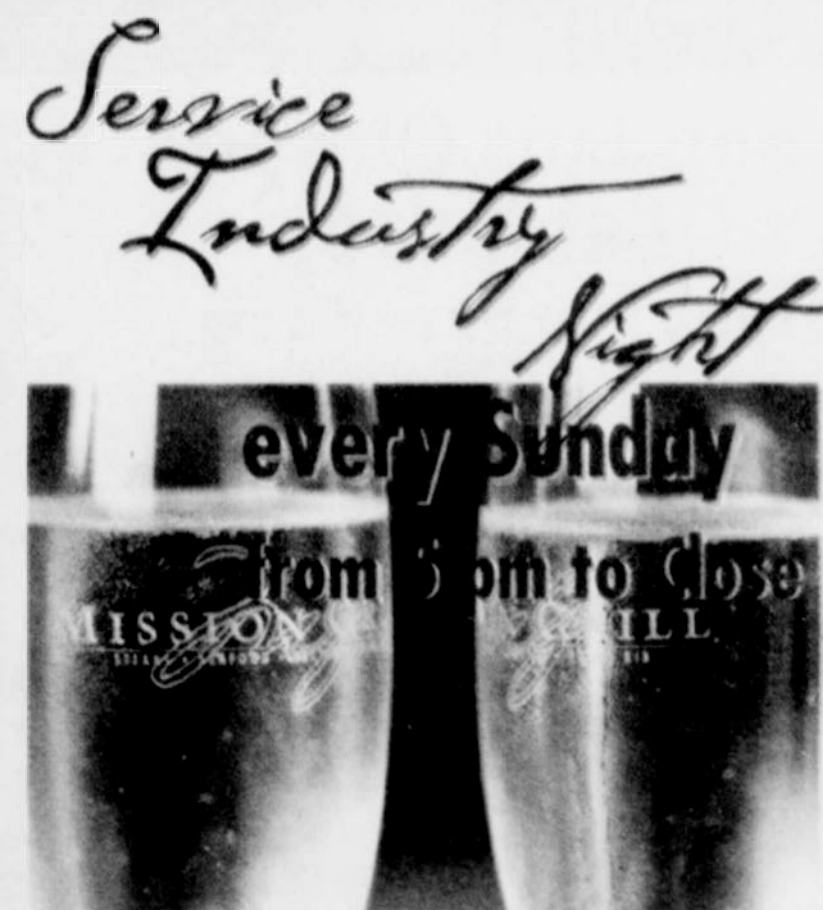
Mushroom Risotto, Blue Cheese Filled Pimento Olives, Espagnole Sauce

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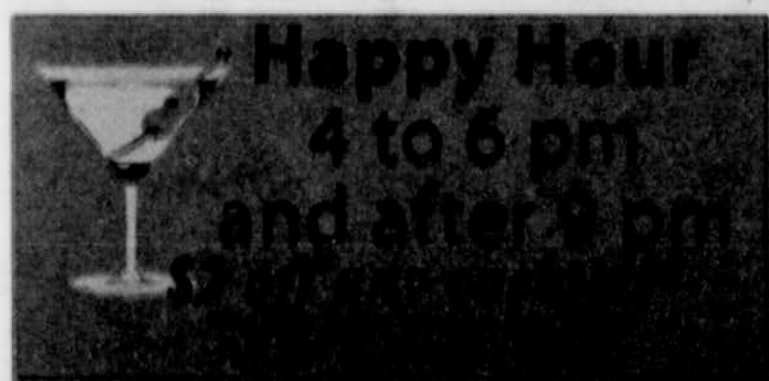
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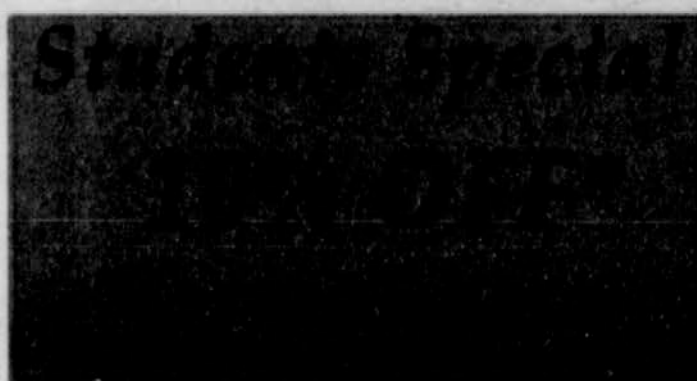
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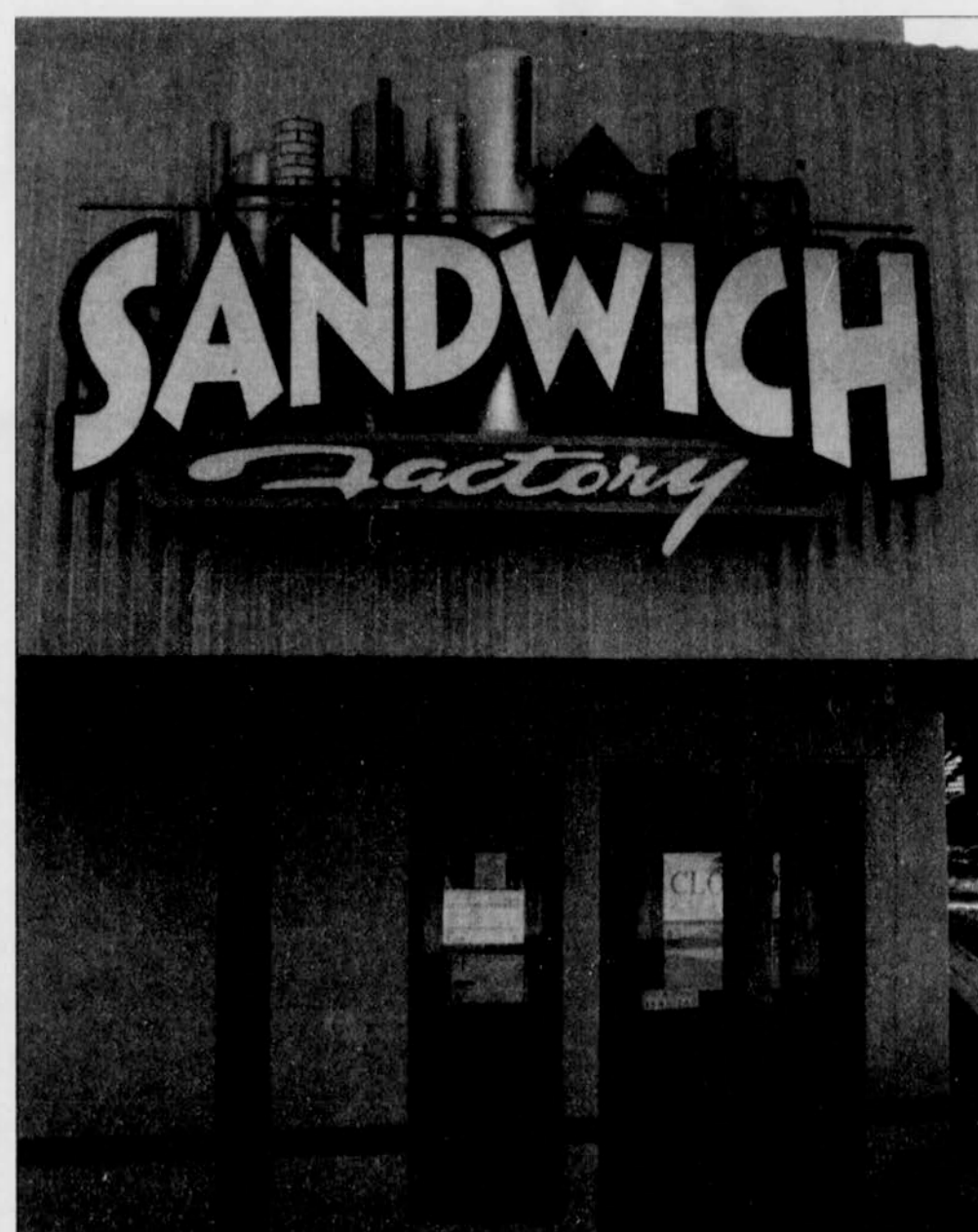
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and after 9 pm



Student's Choice



MATT WECHTER MUSTANG DAILY

The Sandwich Factory serves breakfast burritos, croissants and waffles for breakfast and build-to-order sandwiches or prepacked items for lunch.

Grill

continued from page 58

The avenue is open for breakfast, lunch and dinner, Monday through Friday.

A customer can enjoy buffet-style dining at the Veranda Café. Choices include fresh made sandwiches, salads, soups, a lunch special and desserts.

Late for class, grab a cinnamon roll or a quesadilla for breakfast

There is no excuse for missing your daily serving of fruit when there are two Lucy's Juices available on campus.

Campus Market will be offering a larger selection of produce items this fall.

The Campus Market is open seven days a week from 6:30 a.m. to 10 p.m., except Fridays and Saturdays when the market closes at around 5:30 p.m.

All students living in the on-campus residence halls are required to have a dining plan. There are

three options available; through the Freedom Dining Plan stu-

Tapangos's. Their express lunch choices include quesadillas, burritos, tacos, rice and beans.

Craving a little extra attention, the Vista Grande Restaurant offers sit down dining with table service. Meals include salads, sandwiches, soups, desserts and a variety of traditional and ethnic dishes.

A favorite of dining plan patrons, VG Café offers pastas, grill items, a salad bar, sandwiches, meat specials and desserts.

Looking for an extra boost to make it through a grueling day of lectures, exams and studying, Julian's offers a vast array of coffees. Julian's also sells an assortment of pastries, sundaes, milkshakes and ice cream.

There is no excuse for missing your daily serving of fruit when there are two Lucy's Juices available on campus. Smoothies are created using whole fruits, juices, yogurt, wheat germ and a variety of other nutritious ingredients.

At the Park, vending machines accept Campus Express, and offer students soft drinks, coffee, candy bars, chips, sandwiches and other snack items. The park's dining area is open 24 hours a day.

The Campus Market offers a quick one-stop shopping location that carries everything from sandwiches, pizza, gourmet coffees, grocery items and fresh-made pastries to last-minute school supplies. The

dents receive five meals each week in VG Café or Sandwich Factory and 687 plus dollars to be used at campus eateries per quarter, through the Flexibility Dining Plan students receive eight meals each week in VG Café or Sandwich Factory and 414 plus dollars to be spent at one of the campus eateries per quarter, through the Security Dining Plan receive 10 full meals each week in VG Café or Sandwich Factory and 232 plus dollars to be spent at the campus eateries per quarter.

Dining plan meals are set back to zero every Saturday; if you don't use them, you lose them.

Plus dollars are available through students' Poly Cards, and roll over from fall through spring quarter. At the end of the contract period in June any unused plus dollars are forfeited.

"When we notice big extremes in a students spending we call them on the phone," Cushman said. "If they're spending too slowly, we ask if they know how to use their dining plan."

Dining plans can be changed during the first two weeks of the quarter by filling out a change request form. Dining plans cannot be transferred.

If a student drops out of college, dining plan funds are refunded only when housing costs are refunded. For students that have been evict-

TOP 5 EATS

Nick Hoover
MUSTANG DAILY

Alas, college is finally here. You've got your graphing calculator, iPod and some killer new sandals because this place is like a permanent vacation. Now, there's only one problem, where do you and your friends go to eat? Worry not, the Mustang Daily has the map that'll guide you to the best-bargain places that make your stomach happy.

FIRESTONE GRILL, SAN LUIS OBISPO 1001 Higuera Street

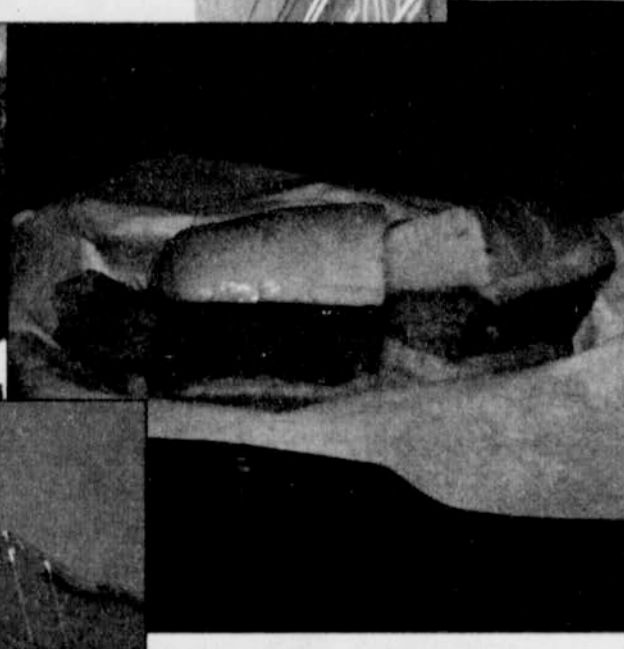
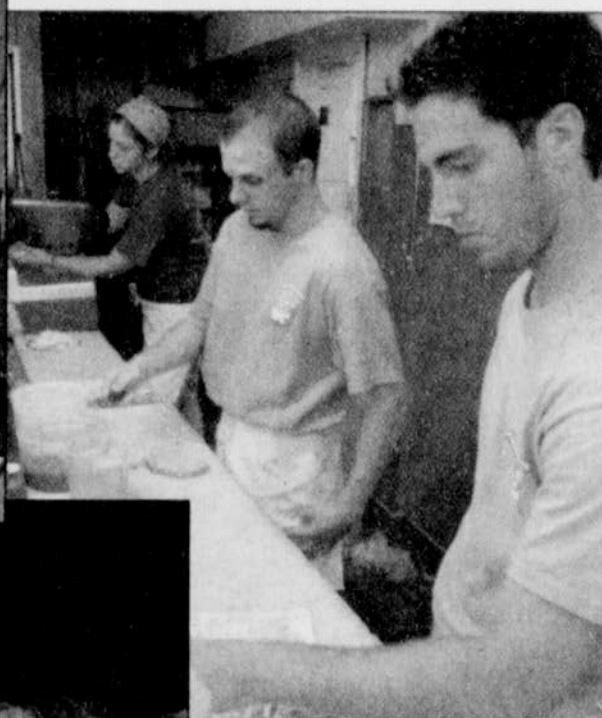
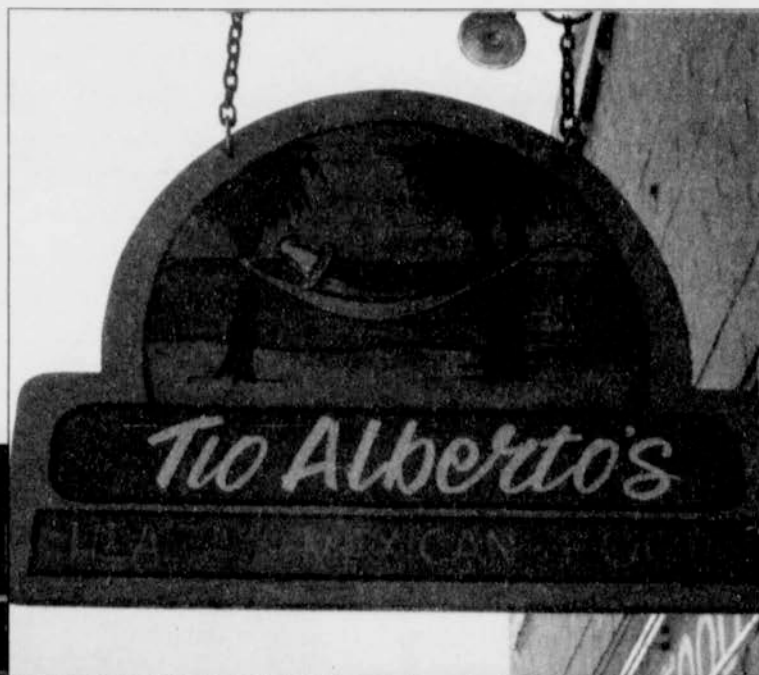
Basically, there is no alternative. This is the best place to eat in town. You'll see plenty of familiar faces, and there's no shortage on options. Rated "Best for" in a number of categories by the Mustang Daily and "Best of" by New Times, Firestone offers addictive seasoned fries and a spectacular tri-tip sandwich. If the \$8 price of the tri-tip is a little too high for your budget, there are a few other items to try on the menu. The chicken tacos only cost \$3, a small price to pay for a 10" diameter tortilla filled with barbecued chicken, cheese, salsa and lettuce. The grill has no shortage of hamburgers either. If you want to prove to your friends that you're the biggest person in a 10-mile radius, you can try to take down the double patty monster burger, but if you decide to go more for style than brawn, give the avocado bacon cheeseburger a

try. This burger is a fantastic way to start an evening downtown. Finally, if you want to go with more vegetable intake, try the chicken caesar or steak cobb salad. Just \$4 for a small one topped with the perfect ingredients.

TIO ALBERTO'S 1131 Broad

Famous for its burritos, Tio Albertos has a huge menu with plenty of treats. A classic carne asada burrito, packed with rice, beans, cheese, salsa, guacamole, sour cream, onions, cilantro and crispy beef (they have chicken and pork as well) will tide you over for the rest of the day. Beware, these burritos are not designed for the amateur eater. Weighing in at two pounds, according to a non-scientific

see Top 5, page 62



Top, Tio Alberto's is known for its big burritos that weigh in at an unofficial two pounds. Left, Big Sky Cafe says it serves "analog food for a digital world." The Los Angeles Times called Big Sky a "top-notch pick." Bottom, Woodstock's Pizza appeals to students with \$1.50 pizza slices and the popular CinnaBread. Tell them your a student and there's a discount with the order. Center, Firestone Grill is well-known for its tri-tip sandwiches cooked over an oak-pit grill. Right, Gus's Grocery and Deli employees prepare tasty sandwiches.

PHOTOS BY MATT WECHTER
MUSTANG DAILY

MUSTANG DAILY'S Top Five

- Firestone
- Tio Albertos
- Big Sky Cafe
- Gus's Grocery & Deli
- Woodstock's Pizza



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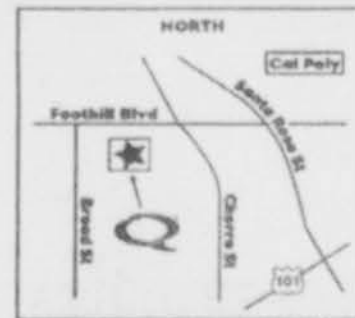
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Quiznos Sub

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Top 5

continued from page 61

study, these bad boys will drop anchor in your stomach for a few hours. If you're up for trying something new, try a special vegetarian burrito. With grilled vegetables (zucchini, bell peppers and more) and a special sauce added to the mix, it's a good backup if you're looking for something lacking meat.

BIG SKY CAFÉ 1121 Broad

The best San Luis Obispo restaurant, according to the New Times reader poll. If you're used to slamming fake cheese nachos at Taco Bell, or a whopper that's not so whopping anymore, then it's about time you stepped into Big Sky, self-proclaimed

as "analog food for a digital world." There are plenty of choices under \$10, with menu items like the "really tasty turkey burger", or "applewood chicken sandwich." It's no wonder the Los Angeles Times called Big Sky a "top-notch pick." Breakfast is no mystery at the café either. Try the wheat pancakes if you want to start your day with a complete breakfast. Big Sky provides the food, atmosphere and the price to set you up with a successful eating mission.

GUS'S GROCERY AND DELI 1638 Osos

You're making a huge mistake if you haven't taken down a bomber sandwich with a few cold ones at the beautifully situated Gus's Deli patio.

This corner market has a million options on the sandwich order form. There are three different size sandwiches to match your hunger level, homemade hot chips, potato wedges, brownies, cookies and other delectable goodies. If you're over 21, you'll be thrilled with the happy hour prices on draft beer, and even more thrilled at the selection of bottled beer. For the under-21 crowd, you'll still be happy with options like guacamole, steamed tri-tip and that classic white paper-wrapped sandwich that you thought you wouldn't be able to find ever

You're making a huge mistake if you haven't taken down a bomber sandwich with a few cold ones at the beautifully situated Gus's Deli patio

again. Be sure to keep an eye on your friends if you get any mojo's (potato wedges). They're a popular item that may disappear from your plate.

WOODSTOCK'S PIZZA 1000 Higuera

Stop, don't think that this is a typical pizza place. Woodstock's is always bustling with crazy college kids, and there's a reason for it: It's good. It was rated tops in the

Mustang Daily "Best for" edition, a pizza, but instead of sauce and toppings there's cinnamon and a sweet glaze.

By the slice, customers can snag a good meal at \$1.50. If you want to go big, make sure to mention you're a student for the discount price.

Woodstock's also has a few tricks up its sleeve. The CinnaBread are baked to perfection. They look like

Woodstock's is always bustling with crazy college kids, and there's a reason for it: It's good.

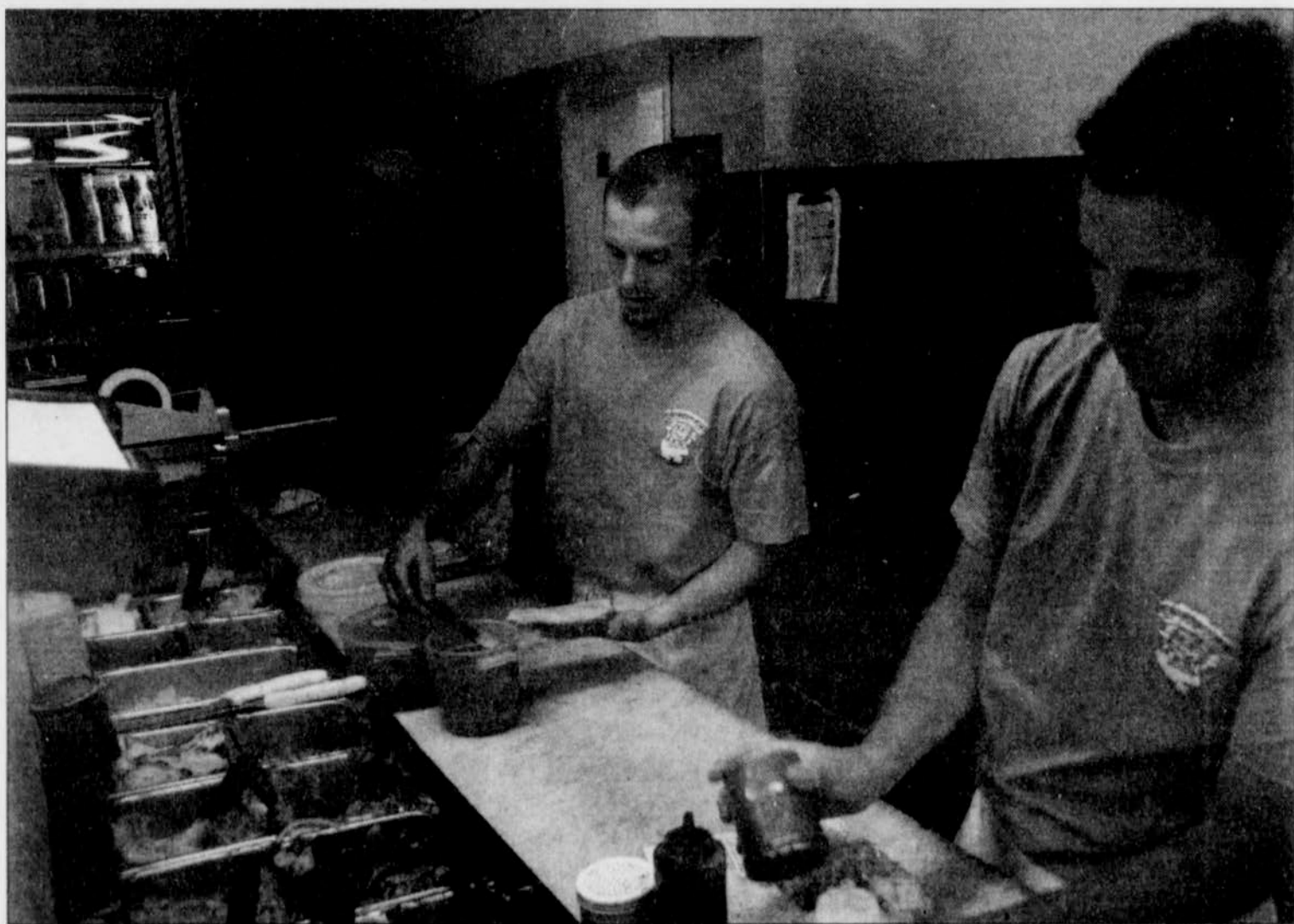
On Wednesday nights, Woodstock's offers pint night. Buy

a glass and get cheap beer (\$1 refills, \$2 for premiums).

Beer and pizza always do mix, don't they?

Their salads are just as good as the pizza.

Try out a Brother Tom salad with balsamic vinegar if you want to walk the green line. Topped with carrots, tomatoes, cucumbers, crutons and mozzarella, you'll be happy that the Mustang Daily knew where to send you.



MATT WECHTER MUSTANG DAILY

Gus's Grocery and Deli offers three different size sandwiches including the mammoth "bomber."

covercharge for nightclub: \$5.00
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COMMENTARY

No drive-thrus, no problem

Word association for San Luis Obispo: Cal Poly, beaches, nice weather, unique downtown, no drive-thrus at fast-food restaurants, college town... Wait, there is not a single drive-thru in all of San Luis Obispo? That must be a joke.

Sadly, it's not.

Throughout the city, drive-thrus are nowhere to be seen which truly puts the SLO in slow. I am willing to wager there is not a single student who, when looking at prospective colleges, examines the fast food restaurants in town. To everyone outside of San Luis Obispo, a drive-thru is commonplace.



ERICK WONDERS

At first, walking into all fast-food restaurants seems a little strange, but over time the novelty of driving past a window to pick up food has worn off. After living here for two years, walking into Carl's Jr. or Jack in the Box is the same as heading downtown to dine-in at Firestone's.

Business senior Dan Beuchat echoed this sentiment when he said he enjoys the different lifestyle stemming from the town's lack of drive-thrus.

"I like that there are no drive-thrus here because people don't need to be fed through a window," Beuchat said. "It took over five years (his time since coming to Poly) to develop this opinion but the more you are here, in San Luis, the more you learn to like the lifestyle."

Eliminating the city's drive-thrus might also get people passing through to stay a little longer until they hit Atascadero or Pismo Beach. If this is the case, I applaud the city.

This small city maintains a slower, more relaxed pace which cannot be found in the bustling urban settings of Los Angeles and San Francisco. Only cities not influenced by corporate pressure can pass an ordinance eliminating a major element of fast food corporations.

Our city's lack of drive-thrus is at first a bit confusing, but over time the lifestyle creates a charm forgotten in most towns.

I recommend embracing the thought of a city without drive-thrus. In what has become a fast-paced American society, it is still nice to know a place exists where people are forced to momentarily slow down, step out of their cars, interact with other community members and eat a meal off of a table instead of a dashboard.

Erick Smith is a journalism junior and the Mustang Daily assistant news editor

BYU COMMENTARY

Processed foods unsafe in many cases

Jaclyn Taylor
SCROLL (BYU-IDAHO)

REXBURG, Idaho — Millions of Americans consume a variety of processed foods, most of which are composed of genetically-modified foods. In fact, "more than 60 percent of all processed foods in the U.S. contain ingredients from GM soybeans, corn, or canola," according to www.actionbioscience.org.

Genetic modification alters the genetic makeup of living organisms, such as animals, plants or bacteria.

The Food and Drug Administration does not require manufacturers to have GM information on the labels of their products or to notify the government and consumers when introducing a GM food.

GM foods are not natural, nor are they harmless. These foods might create toxins, allergies, nutritional problems and new diseases that may be difficult to identify. Although sci-

entists notified the FDA of these risks, the FDA maintains their claim that these foods are safe.

The FDA is supposed to be responsible for protecting the public from harmful things, but instead it lets these hazards casually slip by. It seems that making a buck is more important to than protecting the health of the people; as if what people don't know won't hurt them.

One example of the negative effects of GM foods is when "about 100 people died and 5,000 to 10,000 fell seriously ill when they consumed the food supplement L-Tryptophan. Only those who consumed the variety that was genetically modified became ill," Jeffrey M. Smith, author of *Seeds of Deception*, said, according to www.seedsofdeception.com.

Smith also informs us that the "brand had minute, but deadly con-

aminants that would easily pass through current regulations today. If the disease it created had not been rare and acute, with crippling and deadly symptoms, the GM supplement might never have been traced as the cause."

HEALTH
ADVICE

His book reveals that the milk from a certain group of treated cows contains an increased amount of the hormone IGF-1, or insulin growth factor 1 (somatomedin C). This hormone is one of the highest risk factors associated with breast, prostate and other cancers.

He also found that "soy allergies skyrocketed by 50 percent in the U.K., coinciding with the introduction of GM soy imports from the U.S."

People in this country should take action by staying updated on

what is happening in the food industry and informing the people around them. Information can be found through the news and Web sites, such as www.seedsofdeception.com.

The FDA and the food executives will do whatever it takes to keep their cash flow, even if it means that they have to act like they care about the health of their customers.

If enough consumers will recognize the danger, and avoid eating foods with GM components, the food company executives will be forced to take the steps necessary to remove GM ingredients from their products.

An extensive list of foods (by brand and category) that indicates which foods have GM ingredients can be found on www.truefoodnow.org. The list includes most of the foods you would buy at the grocery store, such as cold cereal, potato chips, pancake and muffin mixes and microwave popcorn.

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Environment plays major role in diet, study says

Xiaowei Cathy Tang
CORNELL DAILY SUN (CORNELL U.)

ITHACA, N.Y. — At a barbecue, Dan Lee, a Cornell University sophomore, picked up his third hamburger from the grill. "I'm not very hungry," he admitted. "But it looks really good."

Lee, like most other people, may use environmental rather than biological cues to decide how much food to consume, according to a Cornell study published in the April 2005 edition of *Physiology and Behavior*. In the study, 12 normal-weight men and women overate for 13 days, during which they consumed about 35 percent more energy than they would in normal meals. Although the participants gained an average of five pounds, they did not attempt to shed the extra weight afterwards by eating less. Instead, during the three-week recovery period, they resumed their normal level of food intake.

According to David Levitsky, the study's principal researcher and a professor of nutritional science and psychology, the results contribute to the hypothesis that external cues, such as portion size and the number of other people eating, are the primary influences on how much a person eats.

"The majority of my colleagues believe that eating behavior is very closely linked to our biology. Our genetics determine the amount of body fat we will have ... This argues in a very pessimistic way that you can't change your body fat," Levitsky said.

"There is an alternative view — which I have been pushing for several years — that says our body weight is a function of our environment. Our environment determines our behavior," he said.

Eva Obarzanek, who received her Ph.D. from the university in 1984, and was a co-author of the study, is now a nutritionist for the National Institutes of Health. She pointed to the rising number of overweight people as support for Levitsky's alternative view.

"There's a tremendous increase in obesity that maybe has doubled. That's not due to changes in internal mechanisms or physiological changes," she said.

Interestingly, although the 12 subjects did not exercise or curb their eating afterwards, they still lost about half the weight they had gained.

"You burn more energy simply by carrying around additional weight," explained Levitsky, according to the Cornell News Service. "The spontaneous increase in metabolic rate that we found in the subjects after overeating was remarkably consistent with a comparable overfeeding study in animals, as well as with other studies with humans and overeating."

The researcher's advice for healthy eating is to "be cognizant of the food cues that are inducing you to eat. Secondly, be very sensitive to portion sizes."

"Watch your weight; weigh yourself frequently ... Skip a meal every once in a while until you get back to where you should be," he added.

Along with Levitsky and Obarzanek, 2000 alumna Gordana Mrdjenovic and Prof. David Levitsky, nutritional sciences, were the other co-authors of the study.

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DINING

58 Special Edition

DORM SOLUTIONS

Microwaving meals doesn't have to be dull.

Mindy Townsend
THE COLLEGIO (PITTSBURG STATE U.)

PITTSBURG, Kan. — So you don't like the food in Gibson Dining Hall? Make your own. Because Crock Pots or grills are not allowed in the dorms, the microwave is the residence hall saving grace. Stephanie Shartel, senior in communication who lives in the residence halls, says her goal for next year is to experiment with cooking.

"I'm going to teach myself to cook in the microwave and not Ramen," she said, "because that gets old."

Jordan Heiland, junior in commercial graphics, does not see much variety in microwave cooking. He says that he usually heats up leftovers or canned soup.

"I'm not doing any fancy cooking out of the microwave," he said.

But the microwave is helpful even when an oven is an option. Chris Tucker, senior in biology, says that his microwave is especially helpful for ingredient preparation.

"We use the microwave to cook the individual parts of the meal," he said.

Tucker says that once he even ate only instant mashed potatoes for a week. He knows that microwave recipes exist, but has not taken the initiative to try them, he says.

"I've never tried most of them, but there are whole books about microwave cooking," he said. "They're mostly targeted at men, for some reason."

Tucker says that he might cook more in the microwave, but he feels there is a stigma about using the microwave too much.

But microwave cooking isn't limited to popcorn, macaroni and cheese and soup. Students can use the Internet to find recipes especially for microwave preparation. Students, those off campus and on, can make a variety of dishes without turning on a stove.

Have a hankering for Mexican, but that money the parents sent hasn't arrived? Make nachos in your microwave. All you need is a bag of tortilla chips, 2 tablespoons of mild green chilies or olives and a cup of grated Cheddar, Swiss or Monterey Jack cheese. Just put the chips on a microwave-safe plate and sprinkle all the ingredients over it. Then microwave on medium-high for 1 or 2 minutes or until the cheese melts.

If pizza is more your thing, try making it with an English muffin. Get an English muffin, 2 slices of

tomato, a pinch of dried basil or oregano, 2 slices of mozzarella cheese and your favorite topping. Split the muffin in half and place a tomato slice on each side. Sprinkle the tomato with basil or oregano and top with the cheese and other toppings then microwave on medium-high for 2-3 minutes or until the cheese is melted.

For vegetarians, steaming vegetables is always an option. Just get a vegetable of your choice and one-fourth to one-half cup of water. Put the veggies and water in a microwave-safe dish and cover it, leaving a small hole for steam to escape. Because different vegetables cook at different speeds, it's best to

cook in 30 second increments until the veggies are done.

Perhaps you want something a

big more substantial. Meat can also be cooked in the microwave. For example, a student living in the dorms can make poached fish fillets. The only ingredients needed are a pound of thick fish fillet (1/2 to 1 inch thick) and 1 to 2 tablespoons of lemon juice. Sprinkle both sides of the fish with lemon juice, then place it flesh side down in a 2-quart microwavable shallow dish. Cover the dish tightly, but leave a small opening for steam to escape. Cook on medium, turning

the fish over after 5 minutes, for 9-11 minutes or until the fish tests done. To tell if the fish is done, press the flesh with

your finger. If there is no dent, the fish is done.

For those with a sweet tooth, cookies in the dining hall are not the only choice. Brownies can also be made in the microwave. You need 2 ounces of unsweetened chocolate, a half cup of butter cut into 4 pieces, 1 cup of brown sugar or granulated sugar, 2 large beaten eggs, 1 teaspoon of vanilla, two-thirds cup of all-purpose flour, one-half teaspoon of baking powder and an optional one-half cup of coarsely chopped walnuts. Combine the chocolate and the butter into a large microwavable mixing bowl and cook on medium for 2 minutes, then stir. Continue to cook until it is melted in 30-second intervals, stirring each time. Stir in the sugar, beat in the eggs and stir in everything else until it is well blended. Next, spread the concoction into a 8-inch round or an 8-inch square cake dish, and place it on top of a microwavable cereal bowl. Cook on medium for 8 minutes then on high for 1 to 4 minutes, or until it's done. Let it stand for 10 to 20 minutes, then it's ready to eat.



Fighting the fearsome Freshman 15

Todd Rosenbaum
CAVALIER DAILY (U.VIRGINIA)

CHARLOTTESVILLE, Va. — Say goodbye to home-cooked meals and get ready to do your own laundry (or not?) every week. That's right, for first-year students, getting acclimated to the lifestyle of a university student can be a shock. From learning how to manage the course workload to figuring out which classes you can and cannot afford to sleep through, you'll quickly realize that your new life is a lot different from the one you had in high school.

And with this new lifestyle comes a lot of changes in our daily habits — perhaps the biggest change being our dietary habits. Living in a first-year dorm takes some getting used to: While you may have a mini refrigerator and a microwave, you certainly won't have access to the fully-stocked pantry and decked-out kitchen that you may be used to. And because you won't be cooking for yourself or eating meals prepared for you by your parents, you might feel a little out of your comfort zone. Sure, eating French fries and pizza every day for every meal might sound like a good idea right now, but you'll realize quickly that it cannot last forever.

By now, you probably know what I've been alluding to: the much-fabled "Freshman 15." But the good news is, it can remain a myth for you if you're careful from the very begin-

ning. I don't mean avoiding the dining halls or starving yourself, but instead thinking about what you're consuming as you do it. It might help you avoid the Freshman 15 altogether, or at least counteract its effects later on.

The temptations are definitely there: suddenly, you have a completely different daily schedule. You might not have class until 1:00 p.m., which means that many of us will sleep until 12:45 p.m. and sprint to class without even thinking about eating breakfast.

Later, you'll want even more food to satisfy the hunger that you've built up.

If you're like most first years, you'll be eating most of your lunches in the dining hall. The scariest part of this scenario — believe it or not — is not

the dining hall food. While there is a pretty significant selection of fried and otherwise fatty food, dining services also provides a good selection of healthy foods for your consumption. The problem is not the food itself, but the amount of food that is available for you to eat. Imagine eating at a buffet for each meal, every day — because that is essentially what you'll be doing. Be forewarned that making it out of the dining hall having eaten only a salad for each meal is a lot more difficult than it sounds.

The problem is compounded when alcohol is figured into the equation. According to "The ABs Diet: The Six Week Plan to Flatten your Stomach and Keep you Lean for Life," written by David Zincenko, editor-in-chief of Men's Health magazine, "alcohol makes you eat more and encourages your body to burn less fat." It also provides your body with extra, empty calories and makes you store more fat than you would normally.

There are definitely steps that you can take to avoid developing the unhealthy eating habits which plague a lot of first years. First off, be careful in the dining halls. Try to balance your meals and consume a good variety of foods: eat fried food and pasta less frequently, and load up on food that is high in protein which will give you more energy. It is also important to attempt to maintain a regular eating schedule.

Weight gain can be prevented

Brandon Lowrey
ROCKY MOUNTAIN COLLEGIAN
(COLORADO STATE U.)

FORT COLLINS, Colo. — Jenn Casler, a junior computer science major, shoveled another spoonful of chocolate ice cream into her mouth, nearing the end of Tuesday's all-you-can-eat Colorado State University residence hall dinner.

Casler is a seasoned veteran of buffets like the one at Corbett Hall. She said the three square meals per day she had at home have turned into a daily couple of multiple-serving feasts. Dessert was also a rarity at home.

One night during Casler's freshman year, "I had two or three plates and I just chowed down. I was so hungry," she said, laughing.

Like many of CSU's approximately 4,000 entering freshmen, Casler became another victim of "the freshman 15" — the number of

pounds college newcomers supposedly pack on once they leave home.

Her case is not unique said CSU registered dietician Dawn Clifford — cm. Once freshmen leave home and escape their parents' discretion, they tend to overeat junk food and

WEIGHT WATCHING

gain weight.

But Clifford said that in the minds of students, the average weight gain has been bloated.

"The truth is, there is no such thing as 'the freshman 15,'" Clifford explained. In reality, it's really closer to 5 pounds, she said.

All-you-can-eat buffets in residence halls are a major contributor

to the extra luggage, the diabetes and weight-loss specialist said, along with constant snacking and lack of exercise.

Students have the opportunity to eat healthy or unhealthy food, and as much or as little as they would like, Karl Bendix, assistant director of residential dining services cm, wrote in an e-mail interview.

"If [students] have developed a healthy eating lifestyle prior to coming to CSU, that is what they tend to stay with," Bendix wrote. "Unfortunately the same is true if they have acquired poor eating habits."

Clifford recommended students try to eat no more than they used to consume at home and try to craft a meal plate from healthier foods.

"They throw so many options at you, you're bound to see at least two things you're curious about," said Geoff Johnson.

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Guide to San Luis Obispo-area restaurants

Blazing Blenders

1108 Broad St.
San Luis Obispo
Hours — Mon.-Sat. 8 a.m.-6 p.m., Sun. 10 a.m.-5 p.m.
Cuisine — Smoothies
House Specialty — Peanut Butter Splash

About Us — Blazing Blenders opened in 1985 and is dedicated to smoothies and juices. This little store in the corner of downtown San Luis Obispo has helped to inspire many Cal Poly grads to start their own successful juice bars. One of the founders of Jamba Juice was an employee of Blazing Blenders before going off to help start Jamba Juice. San Luis Obispo has been very good to Blazing Blenders over the last 20 years, and we hope to continue to serve residents and students for another 20 years.

Bon Temps Creole Cafe

1000 Olive St.
San Luis Obispo
Hours — Mon.-Tues. 7 a.m.-2 p.m., Wed.-Sun. 7 a.m.-9 p.m.
Cuisine — Cajun/Creole
House Specialties — Jambalaya, Gumbo, Po-Boys and Muffalatte.
Student Special — Cajun Breakfast, \$3.99

About Us — When you come to Bon Temps, you will first feel our lively yet relaxed atmosphere. You will then experience the great aromas coming from the kitchen which

will excite your senses along with the Zydeco music playing in the background. You will then find out why locals keep coming back again and again — the great food. We have plenty of free parking, beer, local wines, specials and outdoor seating.

Cad's Coffee Shop

1056 Los Osos Valley Rd.
Los Osos
Hours — Mon.-Fri. 8 a.m.-3 p.m., Sat.-Sun. 8 a.m.-1 p.m.
Cuisine — American "Comfort" Food

About Us — Homestyle cooking for breakfast and lunch. Great food prepared daily with fresh ingredients. For breakfast we serve tasty bacon or sausage with eggs, home fries and toast. Fresh-squeezed orange juice is also available, and customers tell us we have the best French toast. At lunch we serve soups prepared daily, and cold sandwiches with generous portions of ham, turkey or roast beef with cheddar, jack or Swiss cheese. Grilled sandwiches include Cajun meatloaf, Philly cheese, turkey melt, Reuben and cheese (with bacon optional). We also serve SLO Roast Coffee, which is roasted in Los Osos.

Cool Cat Cafe

3165 Broad St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-8

p.m., Thu.-Fri. 11 a.m.-8:30 p.m., Sat. 11 a.m.-8 p.m., Sun. 11 a.m.-4 p.m.

Cuisine — 50's Burgers, Shakes, Salads and Chicken
House Specialty — Burgers
Student Specials — Early Bird Special 3-5 p.m. daily, two burgers, two orders of fries and two sodas all for \$12.25.

About Us — Cool Cat Cafe is a 50's theme restaurant with jukebox, pinball machines and a fun atmosphere. Our burgers are made daily with Angus beef.

Cork n Bottle

774 Foothill Blvd.
San Luis Obispo
Hours — Mon.-Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-7 p.m.

Cuisine — Hamburgers and cold cut sandwiches
House Specialty — Happy Hour 5-7 p.m., \$1 pints
Student Special — Meal Deal, 1/4 pound hamburger with unlimited fries.

About Us — We use only local meat and have two televisions to watch NFL games. Voted best meal deal in town. Best price and selection of kegs anywhere. We ID, confiscate fake ID's and prosecute offenders. We are family owned and operated.

Corner View Restaurant and Bar

1141 Chorro St.

San Luis Obispo
House Specialty — Seafood, Burgers and Drinks

About Us — We are located at the corner of Marsh and Chorro (former Linn's location) just 93 steps off the beaten path of Higuera St. Our menu features "neighborhood cuisine" described as uncomplicated selections of fresh fish, tender meats and Farmer's Market produce. Our lunch menu also has delicious 1/2-pound burgers, crisp salads and tasty sandwiches. The ambiance is delightful with a cozy bar and lounge area. We serve lunch and dinner daily and a delicious breakfast on Saturday and Sunday.

Crushed Grape

319 Madonna Road
San Luis Obispo
Hours — Mon.-Sat. 8:30 a.m.-5:30 p.m., Sun. 10 a.m.-5 p.m.

Cuisine — Deli Sandwiches
House Specialty — Turkey Melt
Student Special — Buy a sandwich get a free medium drink with ID card.

About Us — We have been in business 19 years and serve deli salads and sandwiches, chili and all beef hot dogs. We also have great smoothies and ice cream. And we can put together a gift basket.

Cugini's

3810 Broad St.
San Luis Obispo

Hours — Sun.-Thu. 11 a.m.-9 p.m., Fri.-Sat. 11 a.m.-10 p.m.

Cuisine — Italian
Specialty — Slice of Pizza, salad and drink for \$7
Student Special — 20 percent off with ID.

About Us — Fast and inexpensive, homemade Italian foods.

EP Koberl at Blue

998 Monterey
San Luis Obispo
Hours — Mon.-Wed. 11:30 a.m.-Midnight, Thu.-Fri. 11:30 a.m.-2 a.m., Sat.-Sun. 4 p.m.-2 a.m.

Cuisine — Wine Country Dining
House Specialty — Gourmet appetizers and entrees with great cocktails and wines.

Student Specials — Nightly Specials, 10 p.m. until closing

About Us — We serve gourmet lunch Monday through Friday, followed by an exquisite dinner. We incorporate our Wine Spectator award-winning wine list with our delicious appetizers and entrees. Our full stocked bar has won numerous awards, including best martini in SLO. We have nightly drink specials and live music Thursday, Friday and Saturday starting at 10 p.m.

Fresh Choice

876 Marsh St.
San Luis Obispo
Hours — Mon.-Sun. 11 a.m.-9

see Restaurant Guide, page 61

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Cugini's was started by two cousins with a long history of family restaurants. Both are first generation Italian-Americans.

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Restaurant Guide

continued from page 60

Cuisine — Salad, soup and pasta buffet

House Specialty — Salads
Student Specials — 15 percent daily discount, \$6.99 Thursday night dinner.

About Us — We offer fresh vegetables to build your own salad and prepare specialty salads daily. We also offer five homemade soups, pizza and muffins daily. Don't forget dessert — ice cream, puddings and brownies. And it's all you can eat.

High St. Deli

350 High St.
San Luis Obispo
Hours — Mon.-Sat. 9 a.m.-5 p.m., Sun. 11 a.m.-3 p.m.

Cuisine — Sandwiches
House Specialty — California Turkey

Student Specials — 4:20 Special, all sandwiches \$4.20 after that time daily.

About Us — Voted the best sandwich shop by Cal Poly students. We serve specialty meats and cheeses, which make our sandwiches better than the rest. We prepare everything fresh and also toast the bread, if you want.

Hofbrau

901 Embarcadero
Morro Bay
Hours — Sun.-Thu. 11 a.m.-8:30 p.m., Fri.-Sat. 11 a.m.-9 p.m.

House Specialty — Hand-carved roast beef sandwiches.

About Us — The Hofbrau has

been a Morro Bay and Cal Poly tradition for 35 years. This is the place for the perfect hand-carved roast beef sandwich to enjoy with a beer while sitting over the bay with an ideal view of the rock. The Hofbrau also serves pastrami, turkey and ham French dips. With the only salad bar on the waterfront in Morro Bay stocked full of fresh items, you can reassure mom that you are indeed eating your vegetables. For seafood lovers, we serve excellent fish and chips, shrimp and chips and clam strips. And you can't come to Morro Bay without having the Hofbrau's excellent homemade clam chowder.

Laguna BBQ & Brew

11560 Los Osos Valley Road
Hours — Mon.-Sat. 10 a.m.-9 p.m., Sun. 10 a.m.-8 p.m. Bar open late.

Cuisine — American
House Specialty — Hamburgers and BBQ sandwiches

Student Special — 1/4-pound hamburger, fries and drink, \$3.99 with student ID.

About Us — We have a huge selection of delicious food, relaxing atmosphere, friendly staff and great daily food specials. Come in and watch the game on our big screen television.

Le Ciel Crepe Café

3211 Broad St. #121
San Luis Obispo
Hours — Tue.-Thu. 11 a.m.-8:30 p.m., Fri. 11 a.m.-9 p.m., Sat. 10

a.m.-9 p.m., Sun. 10 a.m.-4 p.m.

Cuisine — French-inspired Californian Cuisine

House Specialty — Savory and sweet crepes.

Student Special — Buy two crepes and get one dessert crepe free

with student ID.

About Us — Le Ciel Crepe Café is a quaint, French-style café that serves fresh food. All of our savory crepes are inspired by California cuisine in that they use flavors from around the world, ranging from

Latin to Thai. We also serve delicious sandwiches and salads and feature a daily homemade vegetarian soup. All crepes and sandwiches are served with roasted rosemary potatoes and a choice of salad or soup.

see Restaurant Guide, page 62



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2703 Spyglass Drive
Shell Beach, CA
805.779.1222

725 Embarcadero
Morro Bay, CA
805.772.4441

Restaurant Guide

continued from page 61

Louisa's Place

964 Higuera St.
San Luis Obispo
Hours — Daily 6 a.m.-3 p.m.
Cuisine — Homestyle cooking
House Specialty — Omelettes
Student Special — Free drink with ID.

About Us — Louisa's has been a downtown SLO diner since the 1950s. We have over 25 different omelettes on the menu. Breakfast is served seven days a week until 3 p.m., and in addition to omelettes we also serve French toast, country-fried steak, blueberry pancakes, chorizo and eggs along with other dishes. We also serve great burgers, homemade soup, salads and sandwiches. Louisa's, a longtime supporter of Cal Poly, is family owned and operated.

Matsuri Festival

1101 Santa Rosa
San Luis Obispo
Hours — Mon-Fri. 11 a.m.-3 p.m. and 5-10 p.m., Sat.-Sun. 4-10 p.m.

Cuisine — Sushi, Japanese, Fusion, International.

Student Special — 10 percent off with student ID, all you can eat for \$25.

About Us — Sakura Express is now Matsuri Festival. We've undergone a major redesign and are offering more selection and more variety of our delicious food. We have the best sushi in town, so come and

enjoy our cultural and artistic atmosphere as you eat. Don't forget about our all you can eat special.

Mission Grill

1023 Chorro St.
San Luis Obispo
Hours — Mon.-Sat. 11:30 a.m.-2:30 p.m., 5-9 p.m., Sun. 9 a.m.-3 p.m., 5-9 p.m. Cocktail Lounge open nightly until 2 a.m.

House Specialties — Chimichurri-rubbed rib-eye steak, Pan-roasted sea bass, Famous Mission Grill sizzling cookie addiction.

About us — Mission Grill is conveniently located adjacent to the Tolosa Mission in downtown San Luis Obispo. We offer our guests a casual dining atmosphere with patio seating and cocktail lounge. Our season menu is comprised of fresh seafood, top grade steaks and pork, and a variety of salads and appetizers, all prepared in a traditional California style. We have happy hour from 2:30-6 p.m. daily and Thursday from 11:30 a.m. to midnight we offer \$2 margaritas, \$2 draft beer and half-priced appetizers.

Nautical Bean

11560 Los Osos Valley Road (Laguna Village Shopping Center)
San Luis Obispo
Hours — Mon.-Sat. 6 a.m.-11 p.m., Sun. 7 a.m.-11 p.m.

Cuisine — Gourmet sandwiches, wraps and salads

Student Special — 10 percent off all menu items with ID

About Us — We are a very student-friendly café that offers free wireless internet and four in house computers. Nautical Bean offers a fresh menu with many organic ingredients. We usually have daily specials and in fall and winter we offer soup. Three nights a week we have live entertainment. Tuesday we feature a DJ spinning down tempo jazz. Wednesday and Friday nights we feature singer-song writers. To check out menu, got to nautical-bean.com.

Novo

726 Higuera St.
San Luis Obispo
Hours — Mon-Wed. 11 a.m.-9 p.m., Thu. 11 a.m.-9:30 p.m., Fri.-Sat. 11 a.m.-10 p.m., Sun. 10 a.m.-9 p.m.

Cuisine — Asian, Mediterranean, Californian, Eclectic

House Specialty — International flavors

About Us — We are excited to bring you wonderful food from around the world. Our Tapas menu consists of smaller plates, intended to be shared among friends. We also have larger traditional plates that capture the best of international tastes. Our setting is unique, five patios terraced towards the creek, "the cellar," a subterranean room that can accommodate 65 and our main dining room. We are by far the largest consistent restaurant purchaser of Farmer's Market vegetables in San Luis Obispo. We make our own Thai curry pastes, roast and grind our spices for Indian curries and even roast and grind our peanuts for our delicious peanut sauce.

Old Vienna Restaurant

1527 Shell Beach Road
Pismo Beach
Hours — Tue.-Thu. 4-10 p.m., Fri.-Sat. 4-11 p.m., Sun. 4-9 p.m.
Cuisine — German and American

Student Special — 20 percent discount on entrees, Tuesday and Wednesday

About Us — We have a great atmosphere, perfect for birthdays, graduations, receptions or just to have a beer and a pretzel. We are also a wonderful date spot. Home cooking from traditional recipes and some great American recipes too. Family owned and operated since 1972. Reservations suggested.

Otter Rock Café

885 Embarcadero
Morro Bay
Hours — Sun.-Mon. 8 a.m.-10 p.m., Tue. 8 a.m.-2 a.m., Wed.-Sat. 8 a.m.-midnight

Cuisine — Burgers, Seafood, Steaks

House Specialties — Eggs Benedict, nachos, seafood skewer

Student Special — 10 percent discount with ID, \$2.50 draft and \$3 well drinks.

About Us — The best breakfast and Bloody Marys on the waterfront. Live entertainment every night of the week, Monday night football; Karaoke Tuesday and Wednesday nights; Open jam, acoustic plug-in Thursday night; local bands, Friday, Saturday and Sunday nights. Tuesday night Club

O DJ, dancing from 11 p.m.-2 a.m.

Panolivo

1009 Monterey St.
San Luis Obispo
Hours — Sun.-Thu. 8 a.m.-11 p.m., Fri.-Sat. 8 a.m.-midnight.
Cuisine — French
House Specialty — French Bistrot Food, desserts

Student Special — 10 percent discount Monday-Thursday with ID.

About Us — Upscale French bistro food with a California flare in a colorful and elegant setting. Over 140 reasonably priced French and local wines. Fabulous house-made desserts, gourmet lunches and cooked-to-order breakfasts.

Papa Johns Pizza

3212 Broad St., Suite 120
San Luis Obispo
And
236 W. Grand Ave.
Grover Beach
Hours — Sun-Thu. 11 a.m.-midnight, Fri.-Sat. 11 a.m.-1 p.m.
Cuisine — Pizza
House Specialty — Special Pizzas

Student Special — Two medium pizzas with student ID.

About Us — Order online at papajohns.com.

The Pita Pit

858 Foothill Blvd.
San Luis Obispo
Hours — Daily 10 a.m.-3 a.m.
Cuisine — Pita Sandwiches
Student Special — Free combo upgrade

see Restaurant Guide, page 62

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Restaurant Guide

continued from page X

About Us — Visit www.pitapit.com. Fresh thinking, healthy eating is our motto. We grill all our meats. Choose your own toppings.

Quiznos Sub

799 Foothill Blvd. and 3000 Broad St.

San Luis Obispo
Hours — Daily 10 a.m.-10 p.m.
Cuisine — Subs, salads, soups and desserts

House Specialty — Toasted subs
Student Special — 15 percent off for WOW groups

About Us — Best subs anywhere. Our most popular subs are the chicken Milano, mesquite chicken, turkey bacon guacamole and turkey lite. We also feature craveable salads.

Rose's Landing

725 Embarcadero
Morro Bay
Cuisine — Fresh, creative Central Coast cuisine

House Specialty — Seafood and Steaks

About Us — We are located on the Embarcadero, overlooking the bay and rock. We have two restaurant locations on site, the Morro Rock Bar and Grill and Rose's Steak and Fishhouse. The Morro Rock Bar and Grill is a casual dining experience featuring soups, salads, sandwiched, burgers, fish tacos, fish and chips along with a full bar and patio dining. Rose's is our upstairs dining, offering fresh seafood specials, steak and seafood combinations and a very extensive wine list.

Schlotzsky's Deli

3820 Broad St.
San Luis Obispo
Hours — Mon.-Fri. 11 a.m.-8 p.m., Sat.-Sun. 11 a.m.-7 p.m.

Cuisine — Deli
House Specialty — Hot sandwiches and pizzas
Student Special — \$1 off any sandwich, wrap or pizza with student ID.

About Us — We feature bread and pizza made fresh daily in a relaxed atmosphere with outside patio dining.

Slo Chai

Fresh Organic Tea
SLO Chai is a fresh, organic tea brewed weekly in Morro Bay. We use only certified organic spices and fair trade teas — and never use

preservatives. We feature fresh organic ginger, and use just the right touch of honey and vanilla that will absolutely make you melt with joy and satisfaction! Be Here Now. Enjoy a SLO Chai. Found at various cafes, restaurants and natural food stores throughout SLO County.

Splash Café

1491 Monterey
San Luis Obispo
Hours — Sun.-Thu. 7 a.m.-9 p.m., Fri.-Sat. 7 a.m.-9:30 p.m.

Cuisine — Seafood
House Specialty — Award winning clam chowder and fresh seafood.

About Us — Splash Café is a fun, carefree café that specializes in award-winning clam chowder, served with freshly backed sourdough bread bowls. We also feature fresh-grilled fish sandwiches, tacos and salads. We have flame-broiled burgers, hot dogs and crispy chicken. For breakfast we have an egg sandwich on our own croissant or ciabatta roll, omelettes, French toast and a wide selection of fresh made-from-scratch pastries. We also offer a tempting assortment of homemade cakes, cookies and other dessert pastries.

Spyglass Restaurant

2703 Spyglass Drive
Shell Beach
Cuisine — Central Coast Cuisine
House Specialty — Fresh Seafood, Tuesday night all you can eat crab

About Us — We are open for breakfast, lunch and dinner with patio dining or seating in ocean-view dining room. We had a great menu offering a variety of seafood and steaks. Check our Sunday prime rib special.

Sylvester's Big Hot 'n Juicy

1095 Santa Ynez
Los Osos
Hours — Daily 11 a.m.-9 p.m.
Cuisine — Hamburgers and sandwiches

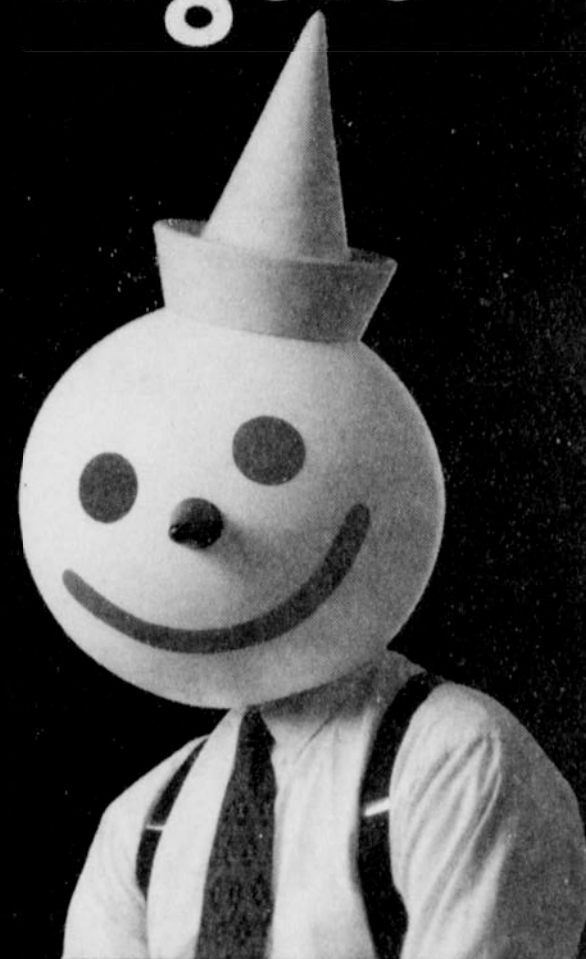
About Us — We offer a variety of hamburgers made with top quality beef in a casual atmosphere. We also barbecue our own tri-tip, make our own chili, make our own salsa and use fresh produce. Our shakes are real vanilla bean and chocolate. Try our "big one," a two and a half

see Restaurant Guide, page 64

Ciabatta Burgers

"Usually, eating this well requires leaving a tip."

-Jack



CIABATTA BURGER

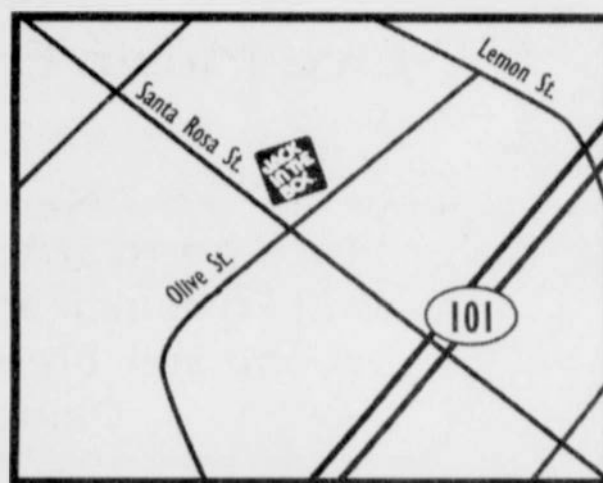
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RESTAURANT GUIDE

64 Special Edition

Restaurant Guide

continued from page 63

pound hamburger patty on an eight-inch bun for \$28.95. If you can eat it all yourself or at least make a good attempt, you get a T-shirt with "I ate the big one" on it and your picture on the wall. We have been in business for 15 years. Come in and see why people say with have the best hamburgers on the Central Coast.

Thai-rrific

208 Higuera St.
San Luis Obispo
Hours — Mon.-Fri. 11 a.m.-2 p.m., Mon.-Sat. 4-9 p.m.

Cuisine — Thai

About Us — Thai-rrific has been San Luis Obispo's premier Thai restaurant since 1985. We serve traditional and distinct dishes and feature several house specialties and favorite lunch dishes. Located at Higuera and South with easy parking.

Woodstock's Pizza

100 Higuera St.
San Luis Obispo
Hours — Mon.-Wed. 11 a.m.-1 a.m., Thu.-Sat. 11 a.m.-2 a.m., Sun.

11 a.m.-midnight

Cuisine — Pizza, Salads and more
House Specialty — SLO's best pizza

Student Specials — Extra large, one topping pizza for \$11.95; resident hall special, large, 1-topping pizza for \$9.99.

About Us — Woodstock's Pizza, serving San Luis Obispo since 1980 and recognized as Cal Poly's favorite pizza in the Best for Cal Poly voting, is practically a local landmark. Conveniently located in the heart of SLO, drop in and enjoy a fun and casual dining atmosphere (cold beer on tap and sports on a big screen) or call ahead and pick up your pizza to go. Woodstock's also offers delivery and can handle any size group order. Woodstock's Pizza has numerous combination pizzas and offers a vast selection of toppings and gourmet toppings that allow you to create your own pizza. Woodstock's also serves fresh salads, killer appetizers and tasty desserts. View their menu, deals, coupons and more online at www.woodstocksslo.com.

Ramen, frozen dinners, mashed potatoes and more

Angela Fowler

THE REFLECTOR (MISSISSIPPI STATE U.)

MISSISSIPPI STATE, Miss. — The first thing I missed during my first week of college was my mother's cooking. Of course, after that I ran the full gamut of homesickness, but I distinctly remember eating my third bowl of ramen that week and missing my mother's cooking terribly.

Most of us go through that, though. When frozen dinners and eating out become our main sources of sustenance, we suddenly wish for dinner to be waiting at the table instead of having to prepare it ourselves. Even if we have a kitchen of our own, with a good cookbook and recipes from home as inserts, we don't want to go through the trouble to make something that's usually not as good as we remember it from home anyway.

I finally have a kitchen now, as well as printed-out recipes from my mother and two good cookbooks. After a few months, my kitchen is almost fully stocked with ingredients, and I can find my way around the grocery store other than to find the instant food section. I have every kitchen appliance I could ever need and more, thanks to all the generous gifts at bridal showers.

Sadly, that's not enough.

Cooking is hard! Mothers (and fathers) can be very deceptive. I could see my mother throw things in a bowl and stick it in a baking pan, and it come out half an hour later looking and tasting perfect.

Of course I thought, "I could do that, if only I had my own kitchen!" Ah, the naive.

The first thing you need to learn is that most recipes lie, especially ones you get from home. For example, my mother made this thing called a potato puff. It's sort of a baked mashed potato dish with sour cream and cheese, and it's one of my favorite home cooking dishes. I love it! So, of course, I'd want to make it for myself. It seemed like no problem, since I had a recipe for it.

When I discussed with my mother my first disastrous attempt at making the dish, she told me that she

usually keeps the potato puff in the oven for 10 more minutes than stated in the recipe. For my second disaster, she told me that she usually adds a little garlic powder instead of just salt and pepper.

For now, I'm taking a vacation from that recipe and just sticking to mashed potatoes.

Mashed potatoes is a problem in itself, though. This simple recipe made me believe I was a culinary genius. I made it for the first real meal I cooked, along with baked chicken and English peas. The mashed potatoes turned out perfect-creamy and delicious.

This leads to the second lesson of cooking: Don't get cocky.

The second time I tried to make mashed potatoes, I did it without a recipe. Later I realized I'd forgotten to add any butter, so it was merely an unappetizing mixture of potatoes and milk. The third time I used a recipe, but the potatoes ended up lumpy because I hurried while making it.

That's when I decided to try macaroni and cheese a bit more often.

A third lesson of the kitchen I've learned very recently. Don't get in a rut with cooking. You get tired of eating the same things over and over. If you want to save money, you're fairly limited in what meats you can buy. Just don't make chicken or pork the same way each time. And watch how often you make spaghetti, even though it's the easiest thing to make in the world. You get sick of it really quickly.

Instead, experiment with cookbooks when you have the time. The other night my husband looked through a cookbook and found the most wonderful recipe for mushroom sauce and pork. It turned out perfectly, and we truly enjoyed eating supper. After that, I tried out a new recipe for bread pudding in a muffin form for desert.

I am only a young cook, and old pros (and probably my mother) would laugh indulgently at my weak attempts in the culinary arts. But you have to start somewhere, and with practice I can get better.

Until then, I just keep a pizza in the freezer.

DINING

65 Special Edition

DELIVERY OPTIONS

SLO's abundant delivery rundown

Mariecar Mendoza
MUSTANG DAILY

Between 20 units, rush, club meetings and practice, college students are entitled to toss aside the Easy Mac and splurge a little on some restaurant food. But even if that sounds like a daunting task, over-achieving, tired-to-get-dressed and too-lazy-to-drive students can still have a hardy meal to keep 'em going.

Below are just a few places that can satisfy even the hungriest belly in a delivery time of less than an hour.

- Woodstock's Pizza 805-541-4420 (\$10 minimum purchase)
- Domino's Pizza 805-544-3636
- Golden China Restaurant 805-543-7354 (\$12 minimum purchase)

For a group of Cal Poly Mustangs too picky to decide on one place, turn to www.entrepreneuronline.com for a number of restaurants ready to deliver — just make sure to call between 11 a.m. and 2 p.m. for lunch and 5 and 9 p.m. for dinner. Choose from Buona Tavola, Café Roma, Cugini's, Hudson's Grill, Madonna Inn & Bakery, FMcClintock's, Pancho's, Sakura Express, Sand's Deli, Thai Palace, Upper Crust Trattoria and Vieni Vai Trattoria.

Or call Restaurants To You at 805-541-3663 and choose from the following:

Mother's Tavern, Mo's Smokehouse BBQ, Blazing Blenders, Bon Temps, Buona Tavola, Cool Cat Café, Cugini's, Grappolo, Le Cil Crepe Café, La Fandango Bistro, Louisa's Place, FMcClintock's, Nucci's, Oasis, Pancho's, Popolo, Quarterdeck, Tahoe Joe's, Taj Palace and Vieni Vai Trattoria.

Lunch can be delivered if you call between 11 a.m. and 2 p.m.; dinner can be delivered if you place your order between 4 and 9 p.m. Restaurants To You charges a \$4.50 delivery fee.



MATT WECHTER MUSTANG DAILY

Buena Tavola, located next to Fremont theater, is an Italian restaurant that sits many of its customers in this heated outdoor patio.

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*Based on pre-cooked patty weight.

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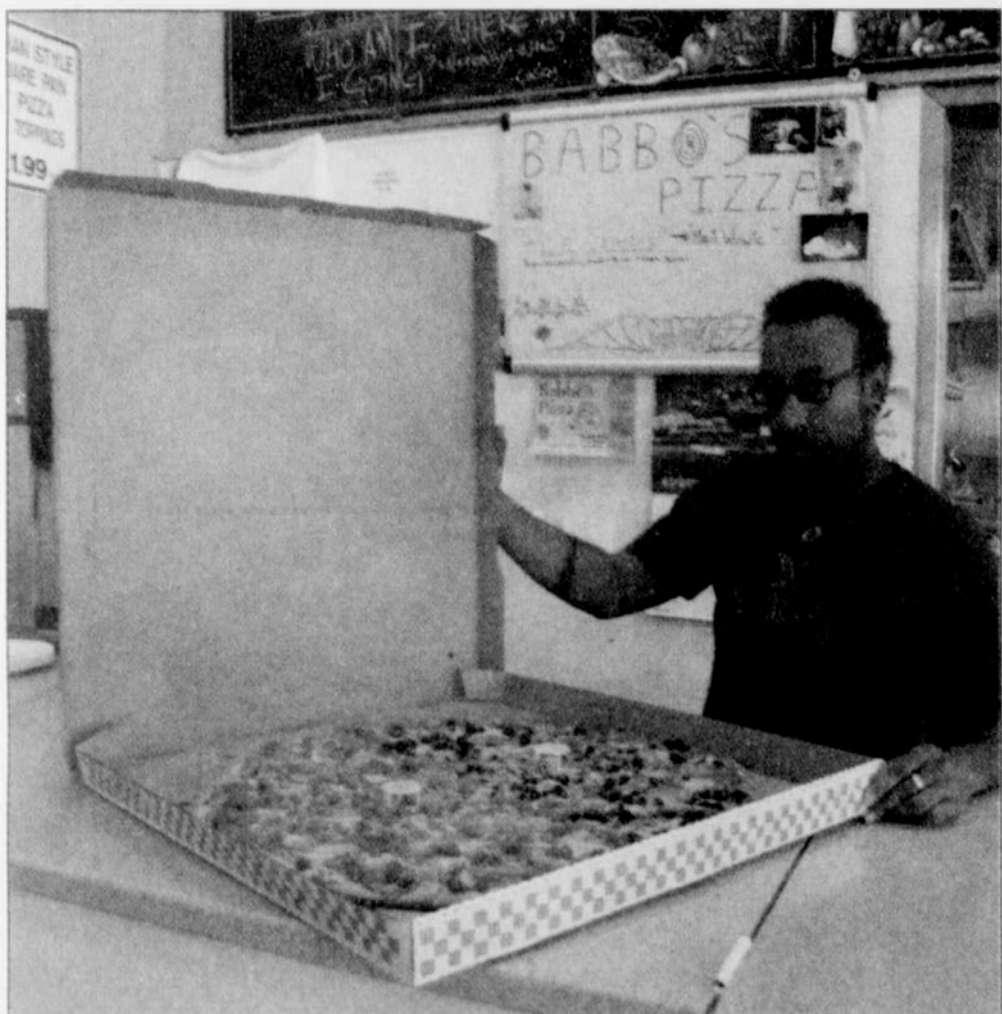
Eat what you already walked off

Erick Smith
MUSTANG DAILY

San Luis Obispo is full of all types of eating establishments, but not all are within walking distance of Cal Poly's campus, which sits at the north end of the city. With the cost of gas continuing to rise, the Mustang Daily focuses on restaurants that are just a hop, skip and jump from cam-

pus.

Within a 30-minute walk from campus, top-rated eating choices according to the Mustang Daily's 2005 Best for Cal Poly edition can be found off of Santa Rosa Street and Foothill Boulevard. This walk takes you from Cal Poly across California Boulevard and the train tracks.



MATT WECHTER MUSTANG DAILY

Babbo's Pizza is just a short walk from Cal Poly along Santa Rosa Street. Babbo's advertises itself as the "Home of 15-inch slices."

The No. 1 voted "Best Mexican Food" can be found at Taco Roco, which generates 40 percent of its business from college students, according to management.

Also in the Foothill and Santa Rosa area is Kona's Deli, which placed in the top three of "Best Sandwich." Frozen yogurt winner Bali's Yogurt is just nearby along with Babbo's Pizza.

"I like Kona's because they have fresh food and the meat is cut right at the counter," civil engineering junior Blake Silkwood said. "The sandwich prices aren't bad either and it is close to campus."

Located next to Taco Roco is a highly recommended and locally-owned breakfast spot, the Breakfast Buzz, known primarily for large breakfast burritos. Lastly, one of two Chile Peppers locations can be found across from Cork-n-Bottle on Foothill Boulevard.

Chile Peppers was voted by students as second to Taco Roco for best Mexican food in SLO while Cork-n-Bottle was voted as having the "Best Meal Deal" for their burger deal which includes a quarter-pound hamburger, seasoned fries and drink. Restaurant management says they appeal to students because of their fast, clean and affordable service.

Back at campus and heading south on California Boulevard, students will encounter The Tiki Hut and Poor Boy Sandwiches. A little further down is Franks Famous Hot Dogs



MATT WECHTER MUSTANG DAILY

Franks Famous Hot Dogs is close to campus and offers hamburgers, hot dogs and shakes among other food items.

and across the street is a San Luis Obispo version of the popular Splash Café in Pismo Beach.

Before moving into SLO, Splash was voted as the "Best Non-SLO Restaurant" in the Mustang Daily's 2005 Best for Cal Poly edition. As for food choices, Splash boasts to serve 10,000 gallons daily of their "world-famous" clam chowder in sourdough bread bowls.

"The clam chowder bread bowls are always good on a cold day," Hayek said.

At Frank's, the main food items are a variety of hot dogs and ham-

burgers, but their breakfast also gets top remarks by Hayek.

"Early in the morning, if they are still available, their breakfast burritos and breakfast sandwiches are really good," he said.

He added that another key element to Franks is their cheap and delicious food.

The choice to walk off campus to grab a bite to eat not only eliminates driving, but it is also provides a way to burn calories.

Each of these restaurants has roughly a 15 to 30-minute walk. Far from too-great-a-challenge for a good meal.

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Cal Poly Essentials:

☒ Woodstock's ☐ Books ☐ Housing ☐ Schedule

Voted SLO's Best Pizza 17 times! - New Times Readers' Poll

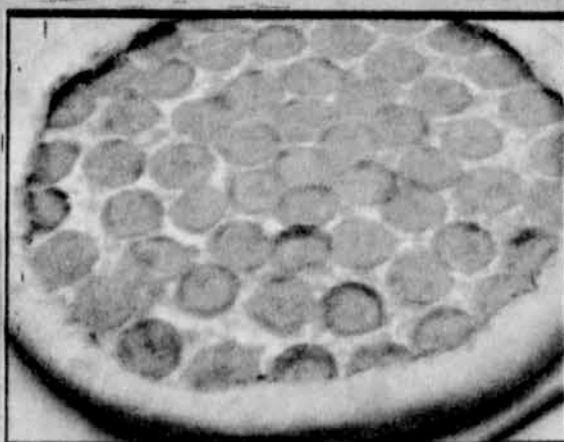
Freshly baked, hand-tossed whole wheat or white crust, zesty marinara, creamy garlic, pesto or tomato bbq sauce, 100% whole milk mozzarella cheese & mountains of fresh toppings.

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Award-Winning Combos

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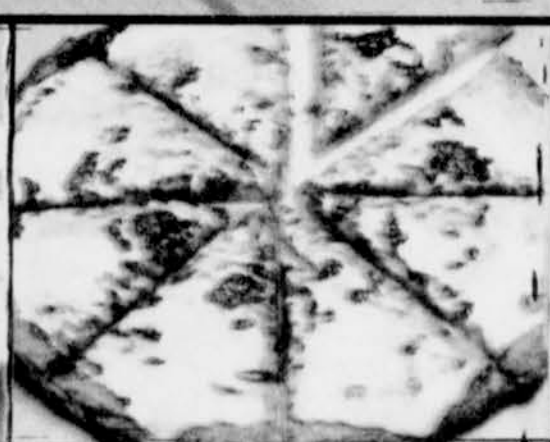
WildeBread



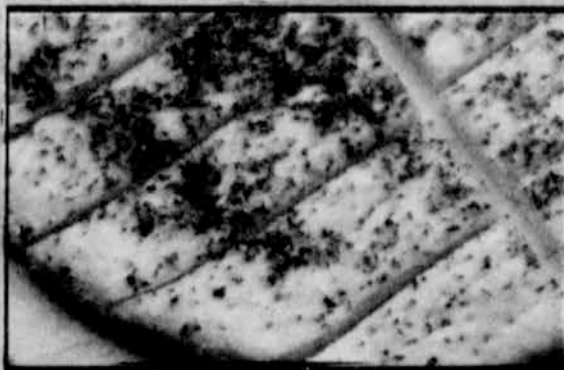
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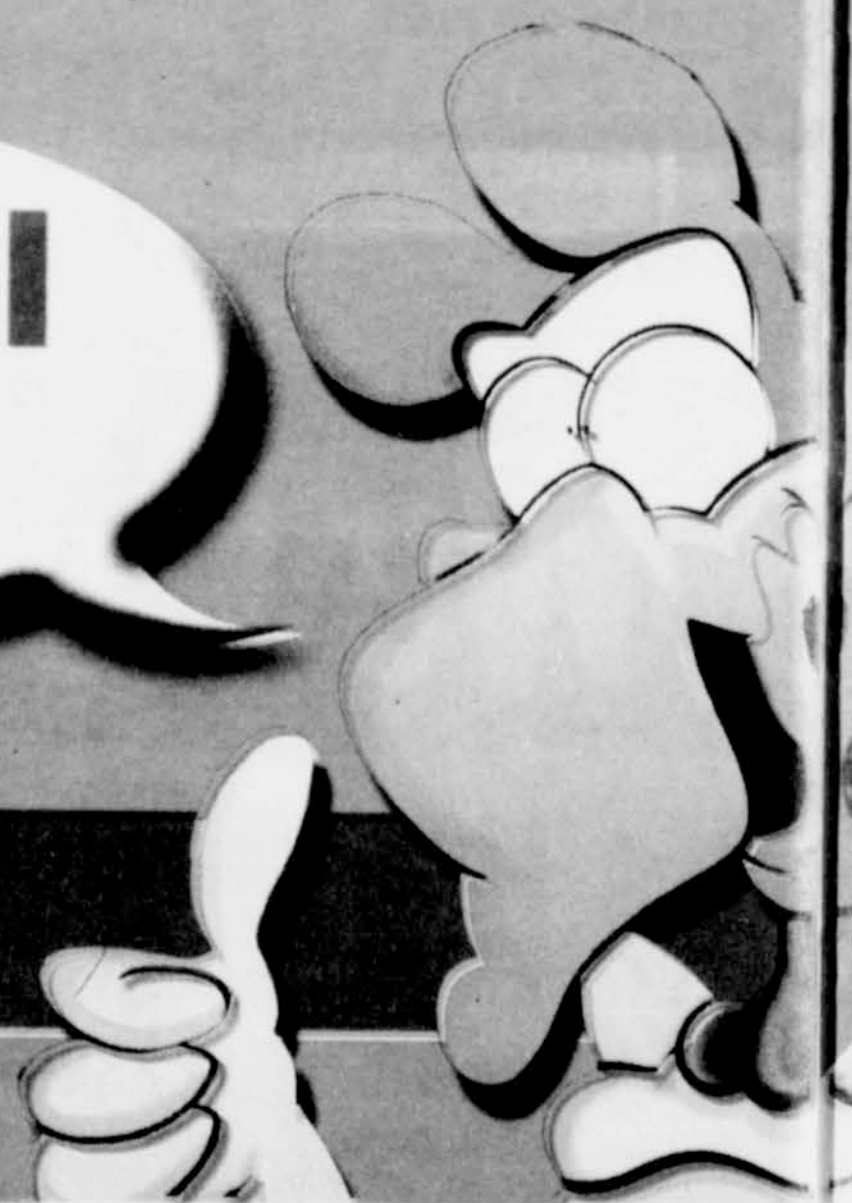
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CLUB/REC SPORTS

Just do it, here's how

Nick Hoover
MUSTANG DAILY

If those football scholarship applications didn't come through, there's still hope — ASI Rec Sports offers plenty of competition for the school year.

Ranging from fun under the sun to brutal competition on the field,

club and recreational sports are likely to fulfill an athlete's needs on the playing fields.

Some of the more publicized teams that play nationally fall under the club sports category. These teams have a budget partially funded by ASI, but mostly funded by donations that players and other team

affiliates drum up.

If you want to team up with some of the best non-varsity athletes out there, try the rugby or lacrosse teams, two of the 16 club sports offered.

"From the outset, I have been clear with the guys that I am expecting more out of them this year," said men's lacrosse head coach Ryan Herchenroether in his season outlook. "We need to focus on our assignments, learn how to play as a unit, and understand each others strengths. Basically the stuff that changes teams to winners."

The recruiting process isn't easy and the level of competition is close to what a varsity team might encounter. Scholarships are not offered.

In club sports, expect to compete with some of the best athletes out there. Cal Poly's rugby squad finished as the national champion runner-ups after a tough loss against Cal Berkley in 2004 and women's water polo won the national championship.

ASI Rec Sports are less competitive and more fun in their mission statement. ASI Fall Rec Sports are slo-pitch softball, speed soccer, dodgeball, five-on-five basketball, six-on-six volleyball and flag football. Fees of \$100 to \$150 are required per team and most teams



FILE PHOTO

Club sports, such as men's lacrosse, offer students the opportunity to participate in competitive non-NCAA sports activities.

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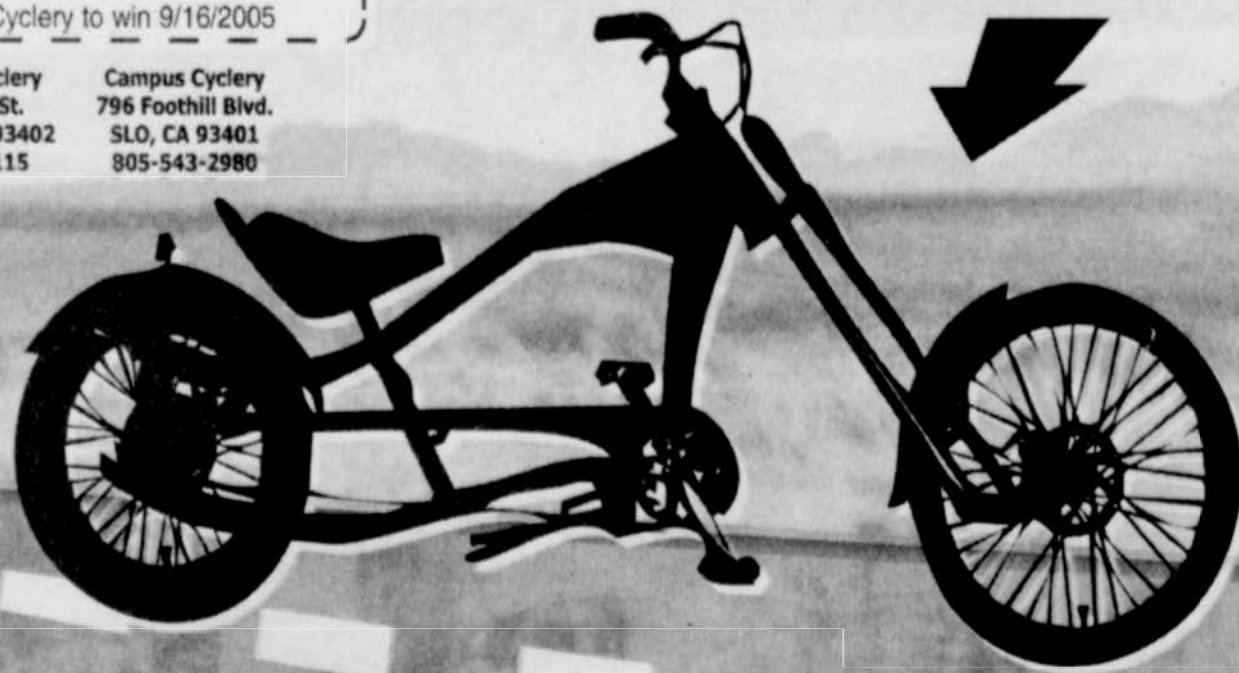
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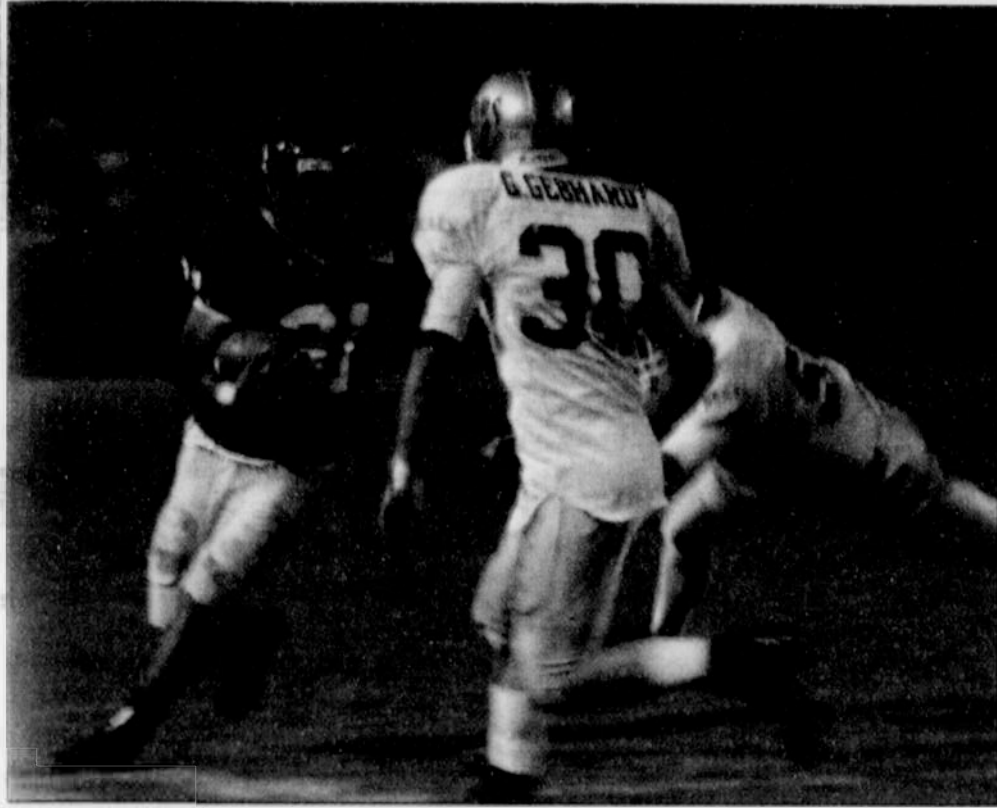
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Football to stay Division I-AA



FILE PHOTO

Despite the fact that the football team has been growing in strength and size, it is unlikely that it will become a Division I-A team anytime soon.

Funding and stadium regulations are keeping Cal Poly from becoming a Division I-A team. Coaches don't envision a change any time in the near future

Nick Hoover

MUSTANG DAILY

With an updated stadium in the works, the inaugural Great West Conference championship rights and a promising new squad, Cal Poly's football program is on cloud nine under the direction of coach Rich Ellerson.

Ellerson transformed a program that had three straight losing seasons into a football machine.

With added hype, some have questioned whether the Mustangs could move

from being a Division I-AA program to Division I-A? The answer: not any time soon.

"I can't see Cal Poly moving to 1-A anytime soon," defensive coach David Brown said. "One should never say never, but the odds of that happening are closer to never than soon. I doubt that our athletic department has the funds for such a move."

The idea of the athletic program moving up to the next level would require many changes to be made to the program as a whole, said Brown. Currently, the Mustangs honor around 60 scholarships for

the football program.

With the Division I-AA limit at 63, this poses no problem. However, if the team were to move up to 1-A, the limit is increased to 85 scholarships.

"We are close to 63 so the department would have to fundraise for at least 22 more scholarships," Brown said.

Considering that all of those scholarships would be going to male student-athletes, the athletic department would have to compensate for the imbalance in ratio of male to female scholarship athletes due to Title IX regulations by one of three ways.

The regulation "prohibits sex discrimination in education programs that receive federal financial assistance."

As a result of adding 22 scholarships, the athletics department would either have to come up with additional funds, drop a men's

sport or add an additional women's sport. At those costs, the change seems unlikely.

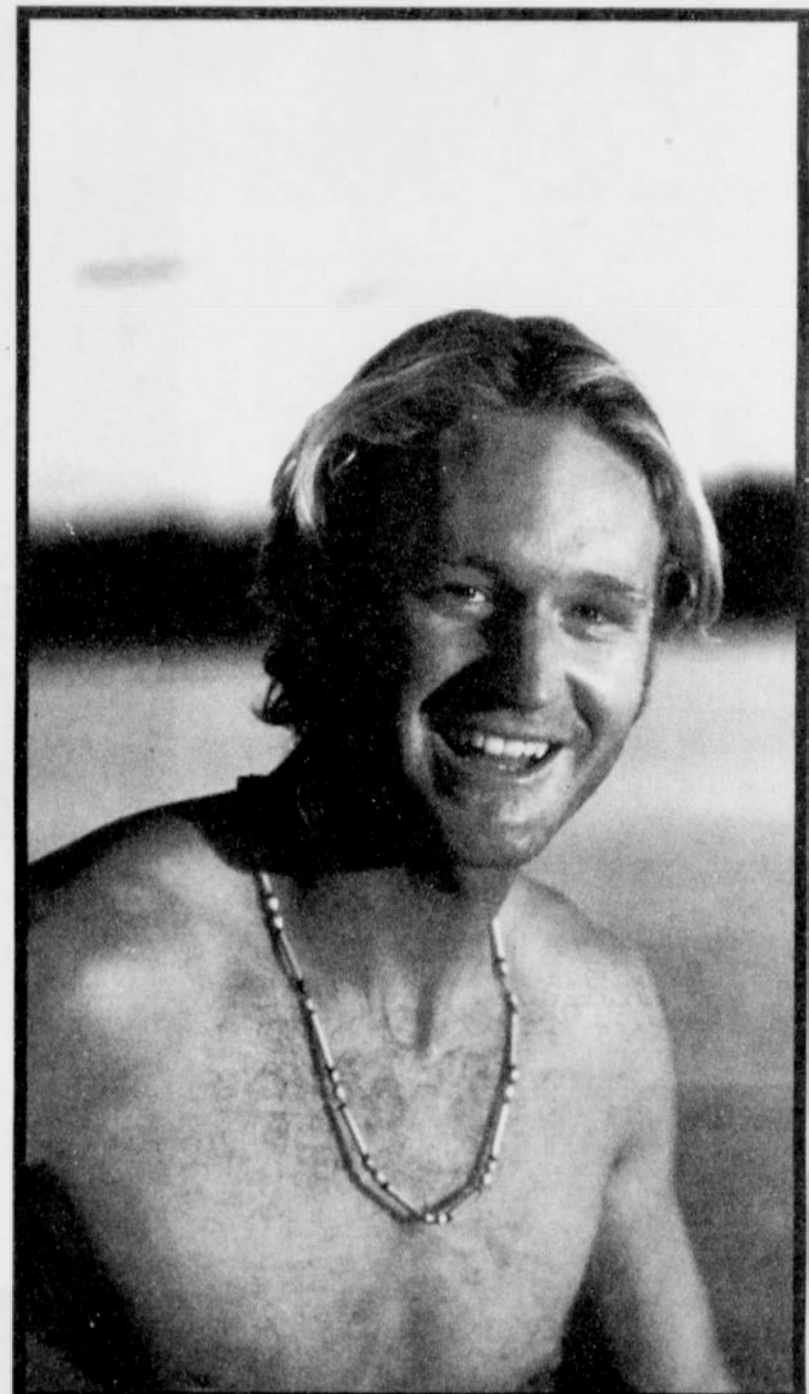
If all of those hurdles don't seem daunting enough, the under construction Alex G. Spanos memorial stadium wouldn't fit the bill either.

"The proposed new stadium won't be adequate for the D 1-A level. It's too small," Brown said.

According to the NCAA, Division I-A football requires a 30,000 capacity stadium with an average of 17,000 attendance. The stadium being built will hold approximately 10,000 fans.

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Surfin' safari on the Central Coast

Christopher Gunn

MUSTANG DAILY

The Central Coast is home to surf spots that are as diverse as the skill level of riders that ride them. From Cayucos Pier down to Pismo Beach, surfers can find little gems of California surfing all along the Central Coast line.

From soft mushy lefts at Morro Rock during the summer to powerful fun waves during large swells in the winter months, the Central Coast has numerous surfing spots that offer extreme diversity in size and shape of its waves.

This can be attributed to a large amount of sand bars and reefs that line the coast lines as well as piers that can, in the cases of Pismo and Cayucos, create breaks worth surfing, according to journalism senior Jon Haines.

Beginning from the south and working north, surfing destinations include Pismo Pier, St. Anne's, Avila Bay, Sand Spit, Morro Rock, Studio Drive and Cayucos Pier.

Pismo Pier is a major tourist destination but it also hosts surf. North or south surfers can find a variety of surf here that generally lacks shape with the exception of right next to the pier. The



Surfing on the Central Coast provides scenic views and worthwhile waves for the Central Coast's community of riders. Above, Jon Haines paddles into the sunset at Pismo Beach.

surf at Pismo, however, is consistent and is surfed regularly by local surfers.

"Pismo is pretty touristy, but it's pretty much where I learned how to surf," Haines said. "I used to go out there and surf until

the sun went down."

Sand bars along the beach provide plenty of room for surfing at Pismo and plenty of opportunity to avoid large groups of surfers in the water.

St. Anne's is a break resting between Pismo and Avila and offers surfers the opportunity to surf a mushy reef break that lacks consistency. At times one could refer to this spot as an extension of lake pacific, but when there is a medium tide the break is generally decent. This spot can be good during a large winter swell, according to the Storm Rider Guide to North America.

Working up the coast line, the next surfing spot is Avila Beach. This spot is small and virtually non-existent through most of the year, but during certain larger swells it can become decent.

Sand Spit is a strip of sand bars just south of Morro Rock that can be very good during certain months.

"One of my favorite spots is Sand Spit," Haines said. "Same wave over and over again, it's just epic."

This spot can be very popular during September and October before the big swells come rolling in and wipe out the sand bars

see Surfing, page 53

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Surfing

continued from page 52

that are creating the break.

"When it's on people know, and it's packed," Haines said.

Just on the other side of Morro Rock is a nice break that can get huge during large winter swells. The current at Morro Rock can be very strong but can be enjoyable when the rip tide

pulls surfers into the line up and sets them up nicely for waves at Morro

that can yield long rides in smaller swells and fast, ripping rides in larger swells. The waves here are powerful in larger swells and it can get very big.

"The Rock is my favorite spot because you don't have to paddle out, the rip tide carries you to the break," Haines said.

As one moves past Morro Rock, down the beach there are numerous sand bars that provide good surfing during the summer months and at times during the winter.

Studio Drive is a sandy-bottomed spot that generally has something to surf. The spot is average according to The Storm Rider Guide of North America, and closes out often but can offer decent surfing for all skill levels.

Finally, Cayucos Pier is a like Pismo Pier. It provides a good break that can range in size and shape depending on the shape of the sand bar that is

beneath it. But during the winter months Cayucos Pier can become large and the swell can make it hard to paddle out, according to Haines.

"It's a pretty nice spot, but it gets gnarly during the winter," Haines said. "I've heard of some guys jumping off the end of pier in order to get out to the sets."

These spots from Pismo to Cayucos offer surfing opportunities for surfers of all skill levels and are the

major spots that most people would surf. That is not to say that these spots are the

"One of my favorite spots is Sand Spit. Same wave over and over again, it's just epic."

— JON HAINES
Journalism major

only spots around.

There are many spots that people will not talk about (they're secret) and there are other spots that are too dangerous or too remote for average people to surf them.

Locals on the Central Coast can be like any other surfers from local areas, possessive of their spots. They try to limit the number of people that know about their spots, but in most of the spots mentioned above the local vibe is generally accepting of other surfers. Getting outside of these areas or at areas such as Morro during a nice swell can cause a reaction from locals.

"Don't associate with Cal Poly, the locals don't like it," Haines said. "They just generally have a negative attitude towards us."

These spots can however be found through simple searches or by getting to know the local crowd.

CAL POLY FALL SPORTS SCHEDULE

*Only home games listed

Football

Date	Opponent	Time
Sept. 10	Sacramento State	6 p.m.
Sept. 17	Montana State	6 p.m.
Oct. 8	*North Dakota State	6 p.m.
Nov. 5	*Eastern Washington	4 p.m.
Nov. 12	*Southern Utah	6 p.m.
Nov. 19	Idaho State	6 p.m.

W. Soccer

Day	Date	Opponent	Time
Fri.	Sept. 23	Washington State	5 p.m.
Fri.	Sept. 30	Saint Mary's	7 p.m.
Sun.	Oct. 2	UC Davis	1 p.m.
Fri.	Oct. 14	*Cal State Fullerton	7:30 p.m.
Sun.	Oct. 16	*UC Riverside	1 p.m.
Sun.	Oct. 23	*Pacific	1 p.m.

M. Soccer

Day	Date	Opponent	Time
Fri.	Sept. 23	Sacramento State	7:30 p.m.
Wed.	Sept. 28	*UC Santa Barbara	7 p.m.
Wed.	Oct. 5	*UC Irvine	7 p.m.
Fri.	Oct. 14	UC Davis	5 p.m.
Wed.	Oct. 26	*Cal State Northridge	7 p.m.
Fri.	Nov. 4	*UC Riverside	7 p.m.
Wed.	Nov. 9	*Cal State Fullerton	7 p.m.

Cross-Country

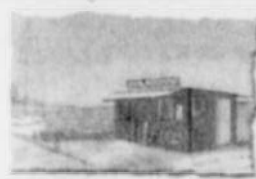
Oct. 15 Cal Poly Invitational

Volleyball

Day	Date	Opponent	Time	Result
Sat.	Sept. 24	*UC Santa Barbara	7:00 pm	
Fri.	Sept. 30	*UC Irvine	7:00 pm	
Sat.	Oct. 1	*Long Beach State	7:00 pm	
Fri.	Oct. 14	*Pacific	7:00 pm	
Sat.	Oct. 15	*Cal State Northridge	7:00 pm	
Fri.	Nov. 4	*Cal State Fullerton	7:00 pm	
Sat.	Nov. 5	*UC Riverside	7:00 pm	
Sat.	Nov. 19	UC Davis	7:00 pm	

Graphic by Frank Stranzl
Mustang Daily

**Men's and women's tennis and golf also kick off in the fall, but no home matches are scheduled.



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A biker's guide to San Luis Obispo

Jennifer Gongaware

MUSTANG DAILY

Bicyclists are everywhere in San Luis Obispo, especially on the Cal Poly campus. It is a major mode of transportation for students, and many cycle for recreational activity.

For many students, bicycling was not a large part of their life until moving to San Luis Obispo.

"Strangely before moving here it never occurred to me that you could ride a bike as a form of transportation," said Carol Boland, 23, a crop science graduate student from Lakeside, San Diego.

Boland has been riding since her junior year at Cal Poly and has competed twice in the Wildflower Triathlon. She started with the Cal Poly Tri-Team while they were training for Wildflower.

For those purchasing a bicycle for the first time, there are many things to consider. "Frame size is of utmost importance," Boland said. "It determines the comfort of the ride. Fit is usually underestimated."

A beach cruiser costs around \$225 to \$350, a cheap mountain bike to commute on usually under \$250 and a cheap road bike around \$600, said Arts Cyclery sales manager Luke Ganache.

Once the bicycle is purchased, there are other costs that can accumulate when it comes to maintenance and common parts that need to be replaced.

Ganache estimates the cost at around \$100 a year for commuter bikes as long as the owner takes care of the bike. Some common things that need to be replaced are inter-

tubes for flat tires and bar tape. Tune-ups are suggested every six months as well.

"Bike maintenance versus car maintenance is ridiculously cheap," said Katie Cowley, 22, a fourth-year agriculture business major.

Safety is always a big issue in the sport of cycling. A bicyclist is most likely going to be the one hurt in an accident.

"The most obvious and important factor is the cars," Boland said. "You need to be more vigilant and assume that cars can't see you."

Boland also cautions that roads are more slippery when it is raining so riders should slow down, especially around corners. "Think about the safety of everyone around you," Boland said.

Bicycles are allowed on the Cal Poly campus, but there are restrictions and rules in place. Bicyclists are held to the same rules and obligations as those driving a car.

Bicyclists are not allowed on Poly View Drive outside of the C-5 parking lot because this is a "Walk Your Bike" zone and violators are subject to citation. They are also not allowed on sidewalks or outside of bicycle lanes when they are provided.

Bicycles are not allowed inside buildings or stairways on campus. They must be securely locked in bicycle racks and can not be parked where they impede pedestrian traffic or cause a hazard. Examples include sidewalks, lawn areas, stairs, or secured to lampposts.

A bicycle parked anywhere besides a bike rack will be impounded by the University Police Department and a fee will be



FILE PHOTO

Biking in San Luis Obispo can be a great way to get around as long as one makes sure to follow the rules of the biking road. On campus, bikers are not allowed inside of buildings or on stairways.

required before it is released. Key operated bike lockers are located around campus and are rented out by the University Police Department annually. Storage of personal items other than bicycles is not permitted.

For those living on campus, bicycles must be licensed and registered with the University Police Department at no charge. Unclaimed, impounded or found bicycles of six months may be disposed of or sold through a Cal Poly auction.

With so many students walking around campus during the day, there are things new cyclists should watch out for to avoid an accident. Ride slower on roads and walk your bicycles in really crowded areas. Beware of students suddenly changing direction in front of you.

"You are more aware of your surroundings than people are of you," Boland said.

With the parking situation worsening on and around campus, commuting on a bicycle is a great alter-

native.

"It's great exercise and you don't have to walk all those hills to get to class, you can just park your bike outside of the building," Cowley said. "Also you meet people while parking your bike and strike up a conversation."

Cal Poly has a bicycle club called the Wheelmen. There are around 80 to 100 members depending on the season. Fall season is for mountain biking while spring season is for road

see Biking, page 55

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Biking

continued from page 54

biking and takes place February through May.

There are three categories, ranging from beginning to professional for men and two categories for women. Every weekend there are different races hosted by different schools.

On Saturdays and Sundays, they also have different group rides around the county from San Luis Obispo. These are not competitive and are for recreation.

"The greatest thing is the culture," said Wheelmen President Ken Hanson, a fifth-year nutritional science major. "Getting into cycling with a group of students where everyone likes to ride."

This is Hanson's fourth year with the Wheelmen. He got involved after a friend in his dorm heard about it and brought him to a meeting. He really fell in love with it after his first mountain biking competition held in Parkfield. He now competes in both mountain biking and road biking.

The Wheelmen really emphasizes self-sufficiency, Hanson said.

"The Wheelmen helps develop ethics, maintenance, knowledge and riding tips," Hanson said.

Hanson encourages anyone who has the slightest amount of interest in bikes to come to one of their weekly meetings held Wednesday's at 7 p.m.

"Come out and try to introduce yourself to members," Hanson said. "Most importantly, don't be intimi-

dated because not everyone races. People who just like to ride for recreation are in the Wheelmen as well."

There is a bicycle community outside of campus as well and plenty of bike enthusiasts to join. The bike community in San Luis Obispo is one that other cities should follow, Boland said.

"I think bike riders are the best people," Boland said. "I never met a serious rider here that I didn't like. People love to promote cycling in this town."

Finding someone to ride with should not be hard with the Wheelmen, the Bike Coalition and the avid bike enthusiasts who work at the local bike shops.

"The key is to find someone to ride with and get out there and ride," Ganache said. "The more time you spend on a bike, the easier it gets and the better rider you become."

A bicycle is classified as a vehicle in town when it comes to laws and regulations. It is not allowed on sidewalks and unlike a car must ride in bike lanes. Many tickets are given to student commuters in the Foothill and Highland area, San Luis Obispo Police Department officer Colleen Kevany said.

"We have a real problem with bikes on the wrong side of the road or flying past someone's driveway," Kevany said.

Kevany also said students wearing headphones are a big problem because they can't hear anything around them. By law, only one headphone is allowed in an ear



FILE PHOTO

The SLO bike-riding community gives riders the opportunity to travel in a group and become involved in the local scene.

while riding a bicycle.

Although riders may not be allowed to cruise town with music blasting from their headphones, there is still so much to look at while riding around town.

"SLO is a mecca. When I'm out riding around the county it's therapeutic," Boland said. "There's almost nothing I would rather be doing."

There are also little shops and gardens that most people don't notice while in a car that are apparent while riding, Cowley said.

Skateboarding on campus can become a costly risk

Jennifer Gongaware

MUSTANG DAILY

Skateboarding has become a major form of transportation for students living in San Luis Obispo. It is fast and convenient, however, there are some restrictions that other modes don't carry.

According to the Cal Poly Web site, the use of skateboards and motorized skateboards on the campus is strictly prohibited. Violators are subject to citation and/or discipline.

"It's a safety issue," said the commander of University Police Bill Watton. "The campus isn't flat like most schools and the kids have no breaks so they have no control."

The first offense will cost close to \$100 and the second costs \$180. The third jumps to \$300.

"We try to work with the first-time offenders," Watton said. "We want to make sure they clearly knew the rules before giving them a ticket. If they didn't, we give them a warning until the next time."

The rule has been enforced for

about five years. There was about \$20,000 to \$25,000 a year in damages to the school because of grinding on curbs, handrails, etc. before the rule. Now there is only around \$1,000 in damages a year, Watton said.

When it comes to students still doing tricks and going down stairwells on campus, Watton said it's not as frequent.

"Not as much now," Watton said. "I hear most of the time now students want to use it as a form of transportation."

In the past, pro skaters Leo Romero, Corey Sheppard and Jeremy Wray took advantage of this "skaters paradise" as www.caliskatz.com calls the campus. Mark Gonzalez's tape "Video Days" was filmed here.

There are still laws enforced on skaters off campus, although some think the laws are not as strict.

"The laws are relatively low," said long boarder Evan Dyer, 19, a construction management major at Cuesta College. "I've never been hassled."

see Skating, page 56

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Skating

continued from page 55

In San Luis Obispo, skateboarders are considered pedestrians and have to abide by the same rules. They can not be in the roadway or bike lanes and must ride on the sidewalks.

In what is considered the "downtown area" between Santa Rosa, Marsh, Nipomo and Monterey Streets, skateboarding is not allowed on the sidewalks. Between these two rules, skateboarding is hardly allowed downtown at all.

Most people report a complaint to the San Luis Obispo Police Department when there is skating in private parking lots, especially University Plaza behind Shell on Santa Rosa Street, SLOPD traffic officer Colleen Kevany said.

For first time offenders they will usually get a warning, but the second time they are arrested for trespassing.

"Most people don't care, so we



MATT WECHTER MUSTANG DAILY

Skateboarding in the wrong places around San Luis Obispo can lead to substantial fines starting at \$25.

don't care," Kevany said. "It's when they complain that we have to do something about it."

Kevany has more problems with skateboarders on the streets than those doing off-street tricks. The fines start at \$25 and work their

way up.

"It's when they're skating too fast, go through a stop sign and get hit by a car," Kevany said. "Then they wonder why they're at fault."

There is a legal spot to do tricks in town and that is the Santa Rosa

Skate Park off Santa Rosa. It has ramps, half-pipes, a pyramid fun box and a planter rail.

It is open Tuesday through Friday from 3 to 7 p.m. and Saturdays 12 to 7 p.m. The entrance fee is \$2.

The restrictions include having to wear helmets and pads and signing a waiver and release form upon entrance.

Some spots made famous for tricks by professionals in San Luis Obispo include Laguna Middle School and San Luis Obispo High School.

Laguna has an 8-foot, 5-inch stair ledge that is 15 inches high. The skate videos "Man Down" and Zero's "Misled Youth" have been filmed in San Luis Obispo, according to www.caliskatz.com.

SLO High has plenty of stairs and handrails and an 18-stair handrail that has been made famous by pro-skaters Corey Duffel, Gareth Sterth, Darrel Stanton and Anthony Musley.

The topography of San Luis Obispo makes it unique for long boarders.

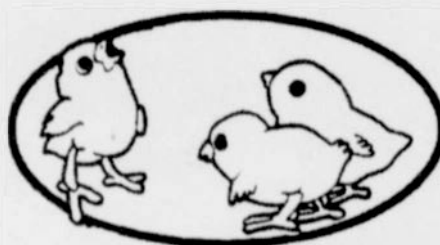
There are plenty of hills located around town, such as Fredericks Street by Cal Poly, Patricia Street by Bishops Peak and Foothill and Highland.



And now your journey comes to an end, but a much greater one begins. Best of luck in 2005-06 from the Mustang Daily!

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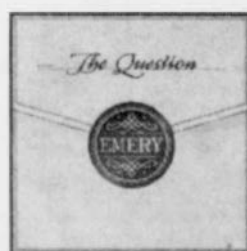
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Following up the 2004 critically acclaimed debut, "The Weak's End," and literally touring non-stop, Emery is now gearing up for their new release "The Question" which is more focused, profoundly mature, and so undeniably passionate that no one will be questioning the band's potential.



Something so incendiary about Haste The Day's music. It pulls the audience in with wailing lead guitar combined with throaty growls and an explosion of moshing onlookers. It allures the masses to join and then doesn't let go. "When everything falls" will only expand the Haste The Day



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30 Seconds to Mars are ready to cement their reputation as a band committed to stretching the boundaries of rock music by taking artistic risks bravely running the sonic and emotional gamut. The first single "Attack" shows the product of an intense two year, four continent period of unsparing self-examination.



Some of the most memorable music from Six Feet Under's past as well as upcoming songs from the final season. Features a diverse array of talent including Radiohead, Jem, Coldplay, Bebel Gilberto, Death Cab For Cutie, and exclusive tracks by Arcade Fire and



Her music is slow, thoughtful and sweet. Encouraged by fellow surfer songwriter Jack Johnson, Tristan Prettyman began taking higher profile gigs, and before long was opening up for G-Love and Special Sauce, and Jason Mraz. She doesn't wear her influences heavily, but you can hear the likes of Morrisette and Bjork in her melodies.



Produced with Aaron Sprinkle (Acceptance, Anberlin) "Promises For The Imperfect" is a driving effort, lush, more mature proving to be an essential summer album, and a vital piece to what will surely be a promising career for Number One Gun.

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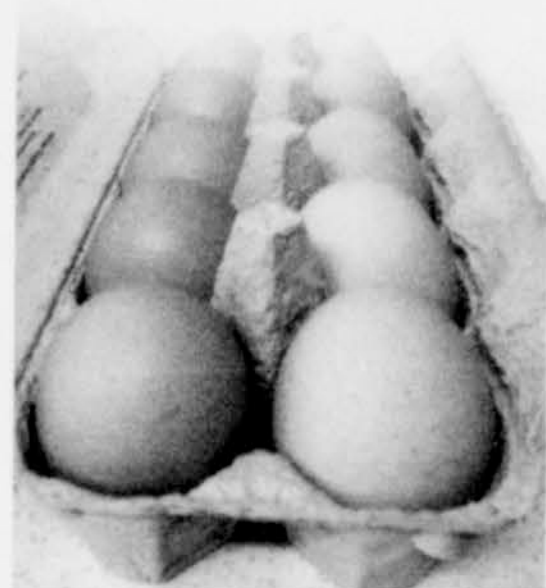
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